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THE MARTLET

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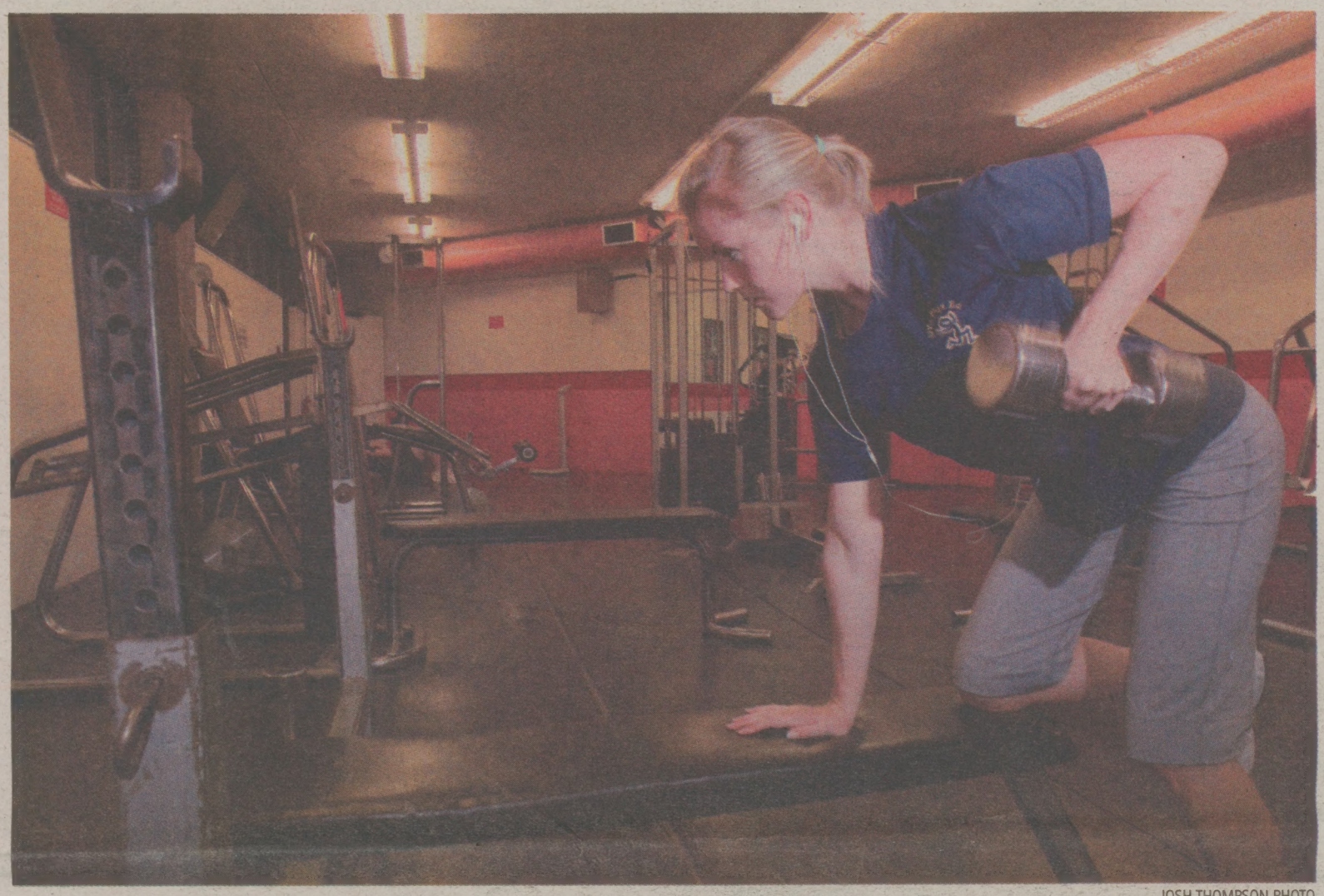
Athletic facilities need your money

Without a $55 increase in student athletic fees, a new building may not be approved

David Karp



JOSH THOMPSON PHOTO

Fourth-year kinesiology student Brianna Cochrane works out at the Ian Stuart Complex, which could be replaced if students are willing to pay.

UVic will ask students to pay a total of $24.5 million to replace the 42-year-old Ian Stewart Complex with a new athletics building if a referendum is approved by students later this year.

The university administration is backing a plan to build a $58.7 million athletics complex, which will likely be built next to the turf fields, where old army huts are currently located.

The new facility would house a varsity basketball gym and recreational gyms for drop-in and intramural use, a climbing wall, an indoor field house for sports such as roller hockey and basketball, a rowing machine room, squash and racquetball courts, weight room, dance studio, general activity space, change rooms and offices for athletics and recreation staff.

The board of governors authorized the UVic administration to spend up to $1.1 million developing a design for the new building. If the project goes ahead, construction could start as early as February 2010, with the building opening its doors in November 2012. However, the facilities may not get built if they don't get student support. UVic director of athletics and recreation Clint Hamilton said if the referendum fails, the project will be reassessed.

"I came here four years ago, and it took me about two months to realize that the facilities were a source of conflict," said Hamilton. "It was also a significant strain on our budget to maintain aging facilities. But more importantly, it was a real limiter in terms of what we could offer our students and faculty."

The building would also include space for CanAssist, an organization based at UVic dedicated to improving the quality of life for people with special needs.

"Students with disabilities will have access to a state-of-the-art facility that will probably be a leader in terms of accessibility," Hamilton said. He stressed the facilities will allow the university to expand the types of activities it offers students. The new weight room, for example, would have areas for more specialized uses.

"Right now, there's very little ability to have varsity high-performance training. In the new building, we allow space for that," Hamilton said. "We'll also have dedicated space so we can do specialized instruction programs."

UVic manager of recreation Don Chow said there will be approximately 20 per cent greater intramural and recreation class capacity with the new facilities.

"We've got over 20 teams throughout the various activities that go on wait lists — we're not able to accommodate them," he said. "I think with the new facilities, we will be able to accommodate both what we're seeing as over demand, as well as meeting the future growth of the university."

Chow noted scheduling would also improve with the expanded capacity that new facilities would offer.

"The intramural schedule goes quite late, until 11:30 p.m., and that conflicts with the bus schedule," he said. "We think we can back that off a bit and help people with their transportation requirements."

Hamilton also noted the general activity space in the new building would allow flexibility in course offerings.

"I can't envision in the future what the new recreational programs might be, but I know we'll need space," Hamilton said. "And the bigger the space is, the more people we'll be able to offer that program to."

Under the plan, athletics and recreation would vacate their offices in the McKinnon building, which would be renovated into lab, research and office space for the School of Exercise Science, Physical and Health Education.

The Ian Stewart Complex "could be made available for other purposes," with the exception of the ice rink, tennis courts and outdoor pool, the plan noted. A consultant's report prepared for the university in 2007 suggested that the site could be used for housing or sold to the private sector.

A second phase of the plan, which is not included in the $58.7 million, calls for a 50-metre swimming pool to be added to the new athletics building, while the current pool in the McKinnon gym would be converted into renovation space. However, there is no time-line or plan to fund this phase, which would cost approximately $30 million.

"Right now, it's a dream. No one can count on a phase two, three, four or seven," said Doug Nichols, chair of the School of Exercise Science, Physical and Health Education. However, he said the added room in McKinnon under the $58.7 million plan would give the school space for teaching, research and graduate students that has been needed for 25 years.

The university intends to pay for the facility upgrades with $24.5 million from student fees, $15.5 million from donations, $13.7 million from the university and $5 million from athletics revenues.

See Referendum, p. 2

University 101 helps old dogs teach themselves new tricks

Vanessa Annand

"I love making mind maps," said Thelma Fayle, an 88-year-old student at UVic.

It's one of many skills she's learned in University 101, a program that offers free, non-credit, academic courses to people who have trouble accessing post-secondary education.

Those accepted into University 101 are often "older than the median age of undergraduates," which, according to UVic, is 21, said Becky Cory, the project co-ordinator for the program. For many of these students, it's not just an idle time filler — it's a chance to pick up where they had to leave their education many years ago. In Fayle's case, this was grade six.

"I wouldn't want to be classed as a drop-out," said Fayle, who lived in an era when staying home to care for siblings instead of pursuing education was commonplace. Fayle saw one of her daughters graduate from UVic, but it wasn't until her condominium burned down in 2006 that she assessed her life.

"These lovely, young, accomplished ladies died in the fire, and Mom got to live," said Fayle's daughter, Thelma Fayle Jr.

This weighed heavily on the elder Fayle, and depression set in. She says enrolling in university helped pull her out of this regret.

At 65, Robert Arnold has found benefits beyond understanding the fundamentals of economics or Greek culture through attending University 101.

"I am a grade 11 drop-out who has not had any further formal education," Arnold wrote in an e-mail. "Having something regular to do lends some structure to my life, which I am sure is beneficial to my mental health and perhaps even my physical health. The fact that I have made friends and have a place to go where there are resources I can use is a large benefit."

See Youth not a prerequisite, p. 16

JOSH SZCZEPANOWSKI PHOTO

Student Thelma Fayle, 88, hopes to inspire others to persue schooling.

Continued from p. 1

Referendum process still under debate

UVic intends to hold a referendum asking students to approve a $55-per-semester hike in athletic fees, which would raise the fee from its current level of $71.50 per semester to $126.50. A committee is currently trying to decide on a referendum question, and whether or not the increase would kick in right away, or once the new building is opened.

UVic political science professor Dennis Pilon said a referendum may not be the best process for deciding student funding.

"We know from looking at turnout in the student elections that most students are unaware of student government and do not participate in student elections," he said. "So how legitimate will a referendum be, given that very few students will probably participate in it?"

Pilon said if the university does go ahead with a referendum, it should make sure students are aware of the issues.

"I think the university, at a minimum, would need to invest some resources to make sure there is an effective public discussion about what this is," he said.

UVic economics professor Daniel Rondeau noted that having current students vote on fees for future students in a referendum is problematic.

"If it takes some effort to go vote and you're graduating in three months, presumably you won't vote. The students, if they are not going to see any benefits or costs [from the new athletics facilities], are not going to have any incentives to vote," Rondeau said. "But if they happen to be in the right place at the right time and they do vote, what are they expressing? What is the information the university wants to have out of this?"

Hamilton said the onus will be on UVic to demonstrate to students that the facilities are worth the student investment.

Caitlin Meggs, chairperson of the UVic Students' Society, said she is pleased students will have the chance to vote on the facilities.

"While we feel like the consultation process leading up [to the facilities proposal] could have been more transparent for students, we're really glad that it will go to a referendum so students can decide whether they want to pay for it or not," Meggs said.

However, Nicole O'Byrne, chairperson of the Graduate Students' Society, said her organization opposes the athletics fee increase and doesn't want anything to do with a referendum.

"I think it's too much money to even ask the question," O'Byrne said. "Student services fees should not be used to fund capital expenditures."

Rondeau said charging students who use the new facilities, rather than billing all students, would be a better move.

"As an economist, I'd go for user fees," he said. "It's more difficult to plan and manage a facility based on user fees, because you don't know what your income is going to be tomorrow. On the other hand, it also probably makes for a better facility, because there's that pressure to have people come through the doors."

But, even if a referendum passes, the provincial government may outlaw the fee increase. B.C. currently limits tuition fee increases to two per cent per year, which includes mandatory fees such as building fees.

Corinna Filion, communications director for the Ministry of Advanced Education and Labour Market Development, said a referendum wouldn't give UVic the right to bypass the policy.

The proposed increase would represent a 76.9 per cent increase in the athletic fee, or a 2.08 per cent increase in total tuition and fees for a BA program.

STADIUM TO GET NEW SEATS

UVic's Centennial stadium will be getting new seats. The university has issued a call for proposals for a contractor to remove and replace the roughly 2,000 individual seats from the east side of the stadium, and replace any defective benches from the west side. The cost of the new seating will depend on the proposals that are submitted.

ON CAMPUS

JOSH THOMPSON PHOTO

Alina Wilson and the UVic Sustainability Team will host a clothing swap at the Cadboro Commons Cafeteria on Saturday, Jan. 12 at 2 p.m.

Students swap it up

Kailey Willetts

Tired of your 2008 wardrobe? Maybe it's time to switch it up at the "New-to-You" campus clothing swap.

UVic's Sustainability Team is hosting a clothing swap at the Cadboro Commons Cafeteria on Saturday, Jan. 12 from 2 p.m. to 6 p.m. The swap will give students, faculty and staff a chance to trade in items that no longer fit, or that they have just grown tired of, for something new and exciting.

"If people just trade, you can get something basically new for no cost," said swap co-organizer Alina Wilson. Wilson said that a lot of people have perfectly good clothing that they just don't wear anymore, but that someone else might be able to use.

"The Earth's resources are finite, and we're using them like they aren't," said Wilson.

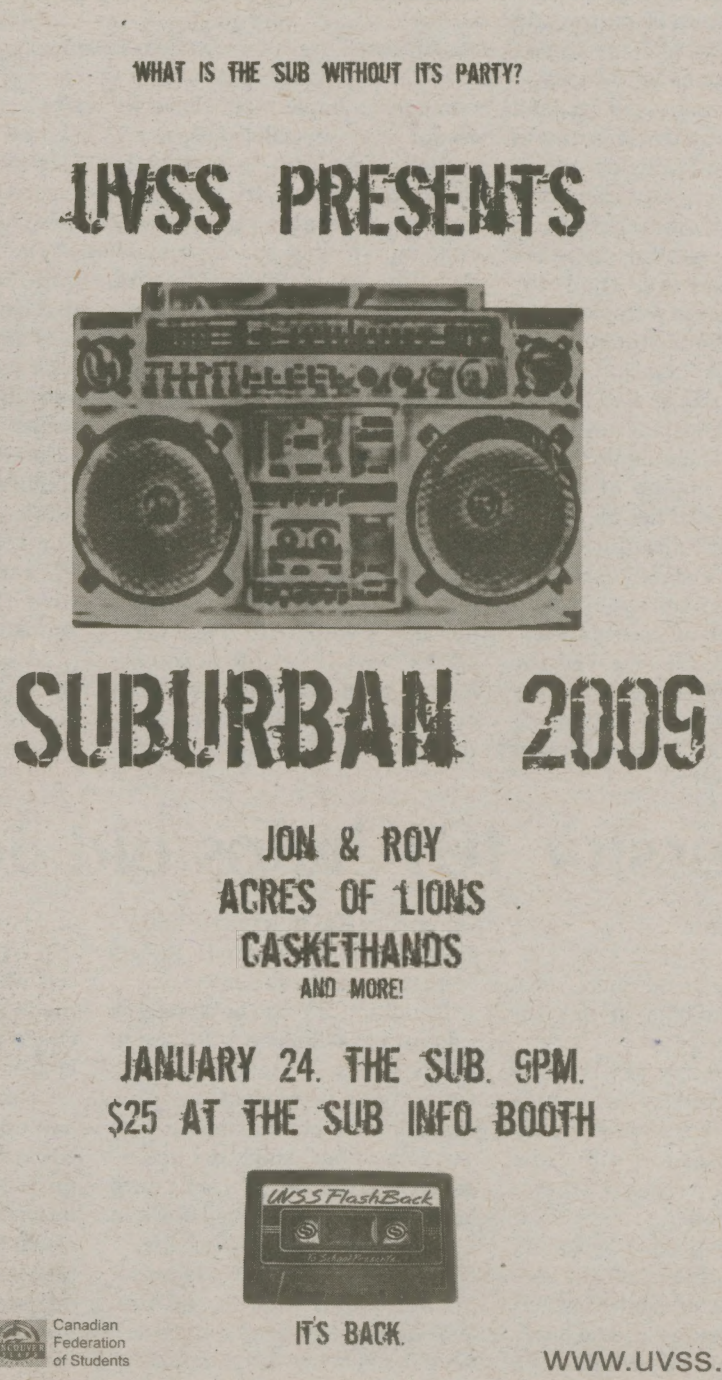
More than clothing is up for exchange too, added Wilson. Participants are welcome to bring items like games, books, music and DVD's, but not furniture and electronics.

Tables will be set up with labels, so participants can distribute their items and then go browse for new ones. Wilson has two requests for participants: bring only items that are in good condition, and bring items to swap — don't just come to take.

Everything will be free, and participants should bring their own bag to carry home any treasures they find.

The Campus Sustainability Team is run through the university and holds many other events and programs throughout the year, such as the Campus Sustainability Feast on Saturday, Jan. 31. For $35, attendees of the upcoming feast will receive a four-course dinner of locally harvested food.

Visit uvic.ca/sustainability for more information on Campus Sustainability events and the team.



This week in Martlet history

Jan. 13, 1977 — Education Minister Pat McGeer stonewalled the more than 40 student union representatives and CFS executives from campuses across B.C. who'd gathered in Victoria for a meeting McGeer had called in response to National Students' Day. McGeer left the meeting after only one hour and refused to give specific and concrete answers to questions and concerns raised by student reps. Deputy Minister Walter Hardwick continued to take questions for another 20 minutes before leaving students with education ministry bureaucrats.

Jan. 10, 1980 — The UVic department of chemistry put forward a motion to Senate proposing that students do not have the right to see their final examination papers until final grades were approved by Senate and students receive official results. Student leaders decried the motion, claiming that students wouldn't be able to appeal marks because they wouldn't be able to see if there was basis for an appeal, or if marking errors had been made. The department head and professors insisted that a more official approach would stop students from arguing their grades with professors trying to mark other finals.

Stories from the Martlet archives

Jan 12, 1994 — Protesters stormed the office of Sam Scully, vice-president academic provost, in an outrage over his insistence that a female professor submit to psychiatric evaluation before he would grant her stress leave application. The stress leave request stemmed from what the protesters called the "oppressive environment of the political science department." The protesters claimed the demands for evaluation were an example of using psychiatry to silence political dissidence by women. Scully maintained that evaluations were standard procedure for assessing whether stress leave is justified.

- Cody Willett

CLIMATE SHENANIGANS

BRYN TASSELL PHOTO

Victoria saw 86.1 cm and 18 days of snow in December, which, combined with below average temperatures, set three weather records.

Holy shit, it's a snow record

Kailey Willetts

Those dreaming of a white holiday got their wish this year — and next year may be careful of what they ask for.

Chances are if you were in Victoria or surrounding areas in December, you were either trapped in a home of snow, or caught in the drift of trying to get out. But while we still fell 37.8 cm short of the blizzard of '96's record of 123.9 cm, Victoria measured in a whole hell of a lot of snow. With a total of 86.1 cm recorded at the airport, Victoria's December snowfall was well over the monthly average of 13.8 cm.

Don't worry, trudging through all this snow didn't leave us record-less. December 2008 set the record for the December with the most days with snow on the ground — 18 in total. The last record was set in 1964, when 15 days in December saw snow on the ground.

Victoria also had its first White Christmas in ten years.

"You have to also put into consideration that many Decembers it doesn't snow at all," said Environment Canada spokesperson Anne McCarthy.

That bitter chill in the air also set a few weather records.

Dec. 4, with a low of -4.1 C set a daily record, as did Dec. 23, with a low of -9.1 C.

Overall, no monthly record was set, but the mean temperature of 1.8 C was a lot colder then the December norm of 4 C.

"It's not a monthly record but it's still nasty cold," said McCarthy. "If you really thought you needed that second wool sweater, you were right."

December 2008 was the third-coldest December in Environment Canada's records, which date back to 1940.

While there is no more snow (just rain) in the forecast for the next few days at least, McCarthy said it's hard to predict what the weather will do too far into the future.

"Given what can happen, what I've seen happen, I'd say be prepared," advised McCarthy. "Don't put the winter coats away."

Freezing your ass off this December with all the talk of global warming floating around may seem ironic, but these unusual weather patterns may be related to a warmer Earth.

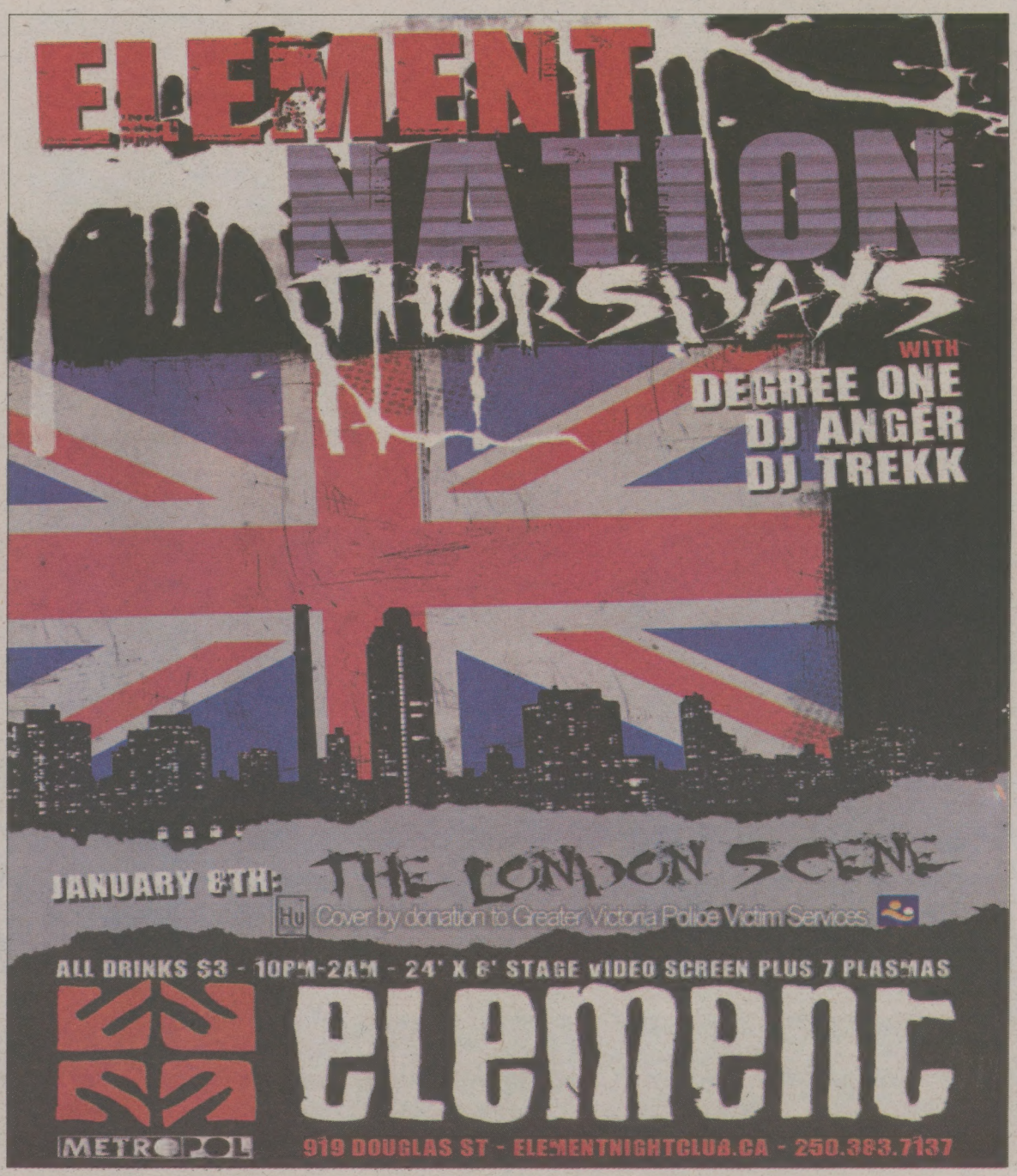
UVic professor Boualem Khouider, whose research focuses on tropical climate modelling, said that higher levels of water vapour in tropical climates fuels bad weather.

Storms in the tropics can affect the weather in B.C. and the North Western U.S., Khouider said in an e-mail.

"A warmer climate means more extreme weather events," he wrote.

Victoria hasn't been short of storms lately, with December seeing several wind warnings, and many students getting stuck in their plans to get home for Christmas due to extreme weather conditions.

More historical and up-to-date weather data is available on Environment Canada's weather site, weatheroffice.gc.ca.



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UVic eyes positive space

Sam VanSchie

UVic may follow other universities in B.C. in creating a positive spaces alliance to visually recognize people in the LGBT (lesbian, gay, bisexual, trans) community and their allies on campus.

The alliance would operate through the office of Equity and Human Rights and could be initiated as soon as next September, according to Equity Advisor Pamela Brown. But first she wants to make sure stakeholders support such an alliance.

"We don't want to just target a community and create something if it isn't what they want," Brown explained. "I can take the lead in facilitating the first few meetings to bring people together, but the network needs to sustain itself from there."

When Brown began at UVic last July, she thought an allies network was already in place here.

"We had positive space paraphernalia in our office and I've seen it around campus, but it turned out most of it was from different universities," she explained. When she asked around, many people seemed interested in creating an alliance, but despite an attempt in 2004, nobody had successfully organized one.

"It seems like such a natural fit for UVic, the diversity on campus is really incredible" she said. "It's in the strategic plan to encourage diversity of all types."

According to UVic Pride Collective co-ordinator Andrew Shopland, the university is a safe space for LGBT folks, but the increased awareness would be beneficial.

JOSH THOMPSON PHOTO

Pamela Brown found great interest in a postive space allience at UVic.

"I think what's so great about these type of alliances is that it creates something for our allies," Shopland said. "I think it's good to encourage more people to be involved in queer issues and advocacy."

The University of B.C. equity office has run the positive spaces campaign since 2002. Gabriel Bedard, a UBC equity adviser who works on the campaign, said the program continues to be a success and their workshops are always full.

To join the campaign and have their name added to what is currently a 17-page directory of allied students, staff and faculty, individuals complete a 3.5-hour training seminar and are given a poster and button to identify themselves.

"It's amazing to see the posters around campus and realize how big the community is," Bedard said.

Brown thinks this would be a great thing to see at UVic.

"It might be the most important thing in the world for a new person to be able to identify people that they can go to for support," she said. "It really shifts the environment of a workplace."

While alliance members aren't trained as councillors, they are usually given a resource directory and will refer people to services.

Brown said she has already heard from many people on campus who want to be involved in an alliance. In fact, more than she expected.

"I've had to book a new room for the first meeting," she said.

To get involved in planning for a positive spaces alliance at UVic, or to attend a meeting scheduled for Monday, Jan. 19 at 5 p.m., contact Brown at pamelab@uvic.ca.

News reviews

YAY!

Not ready to memorize a student number beginning with V?

Students that had their existing cards validated to April 30, 2009 last September can continue using the card until it expires. The bus pass, athletic facility privileges and library bar code will continue to work.

However, to register for summer classes or use the services provided on the card after April, students will need to visit the photo ID booth in University Centre for a new card — and yes, that means changing your student number.

But with plenty of time to replace the old cards, there is no need to wait in line with the new students who are getting ID cards for the first time.

Students must bring in their old card when they go to get the new one made to avoid a replacement fee.

YAY!

Finding dirt on your great grandparents just got easier for people whose family line is from Victoria.

The Times Colonist has archived the first 52 years of its parent paper, the British Colonist, to searchable, PDF pages online. No longer will you need microfiche to read the news from 1858 to 1910.

The British Colonist covered the proceedings of the B.C. legislative assemblies and most court cases. It is the only surviving record of judicial proceedings in the early days of the colony.

Pages can be searched either chronologically or by using keywords, which produce a digital image of each page of the newspaper with the search words highlighted.

Check it out at britishcolonist.ca.

NAY!

Students at York University didn't return to class on Monday.

In fact, they haven't been in class since faculty began a strike on Nov. 6 demanding improved wages, benefits and greater job security.

Mediation that began early December was postponed for the winter break and resumed Jan. 5. Many students are disappointed that the negotiations didn't continue over the regularly scheduled holiday.

If the strike is settled this week, students may still be able to salvage their year of classes if the term is compressed and reading break cancelled, however it could take 13 additional classes to make up for lost days.

- Sam VanSchie

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Shambolic Parliament closed until late January

Time-out called on feuding parties while Canadians take to the streets amid political crisis

Cody Willett

Ottawa will begin 2009 still in the grip of the worst political and economic crisis in decades, as Governor General Michaëlle Jean suspended Parliament at Prime Minister Stephen Harper's request on Dec. 4.

An economic update tabled in the House of Commons by Finance Minister Jim Flaherty on Nov. 27 triggered the crisis by promising to eliminate public subsidies to political parties, suspend the right to strike for government unions and introduce limits on the ability of women to sue for pay equity.

Opposition parties swiftly negotiated an agreement to defeat the Harper government and form a Liberal/NDP coalition that would govern with votes from the Bloc Québécois on confidence matters.

Both Harper and Liberal/NDP coalition Leader Stéphane Dion took their messages to primetime television airwaves on Dec. 3.

Harper stoked resentment in Québec by focusing his criticism of the coalition on its most visible complication — the involvement of the Bloc Québécois — in his five-minute-long prepared speech.

"Canada's government cannot enter into a power-sharing coalition with a separatist party," said Harper. "The Opposition does not have the democratic right to impose a coalition with the separatists they promised voters would never happen."

Dion shot back a video, which was condemned in the media for being of YouTube-quality for its grainy and out-of-focus appearance.

"Our system of government was not born with Canada. It is ancient. There are rules that govern it and conventions that guide it," said Dion. "Coalitions are normal and current practice in many parts of the world and are able to work very successfully. They work with simple ingredients: consensus, goodwill and co-operation."

UVic political science professor Dennis Pilon agreed with Dion's insistence that a coalition government would be legitimate and said that the attempt to replace Harper's government with a coalition is exactly what Canada's institutions allow. He said that Harper was the one threatening the stability of Canada's system of governance by distorting how it works to keep his job.

"Harper ... needs to make his case to remain the PM on the merits of what he will do, not by misrepresenting our parliamentary form of democracy," said Pilon.

He also pointed out that Harper's insistence that the coalition was with "the separatists" was false.

"The coalition government involves the Liberals and NDP. The Bloc has agreed not to defeat this new government for a prescribed period of time," said Pilon. "This is hardly different from the issue to issue agreements that the last Harper government secured with the Bloc."

Although Parliament has sat for mere hours since voters elected their representatives last fall, Harper hasn't tested whether his government has the confidence of a majority of those representatives before he successfully asked the Governor General to prorogue (suspend) Parliament.

Constitutional scholars say the move sets a disturbing precedent.

"[Harper] had indicated that he was prepared to hold a confidence motion and backtracked only when it became clear that he might lose it," said Pilon. "Now he claims that he should be able to prorogue the House and avoid the confidence vote. This is not an appropriate use of a proroguing request."

In response to such dramatic political developments, thousands of Canadians rallied on Parliament Hill and took to the streets in cities across the country during the first week of December to voice their views on the coalition. The rallies were accompanied by an all-out public relations war that featured Internet sites and radio ads to spread awareness of each side's point of view.

With efforts to topple Harper blocked by Parliament's closure until Jan. 26, Dion stepped down as Liberal leader on Dec. 8 to make way for a new leader of the Liberal party. In the days that followed, leadership rivals Dominic LeBlanc and Bob Rae stepped aside for frontrunner Michael Ignatieff, who was supported by a majority of Liberal MPs.

Ignatieff was blunt in his acceptance speech for the leadership of the Liberal party on Dec. 10.

"Where Mr. Harper has failed, we will succeed. Canadians want us to succeed. They're engaged and as passionate as never before, and we must not fail them," said Ignatieff.

However, Ignatieff wasn't as enthusiastic in his support for the coalition as Dion was, saying that he prefers to wait and see what the Conservatives propose in their budget before deciding on whether or not to vote no-confidence in Harper's government.

NDP Leader Jack Layton has said he doesn't trust Harper and will vote against the budget on principal. Layton has also pointed out that Ignatieff signed the coalition agreement along with his fellow Liberals and is bound to honour his party's commitment.

Faced with a possible defeat at the hands of the coalition, Harper caused outrage from the opposition when he filled all 18 vacant seats in the Senate with Conservative appointees on Dec. 22 — despite his longstanding objective of making the Senate an elected body.

JENNIFER ZHOU GRAPHIC

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Student champions corporate social responsibility

Next generation of commerce majors push for economic justice at world leaders' forum

Wendy Gillis
CUP CENTRAL BUREAU CHIEF

SASKATOON (CUP) — Bryan McCrea knows that commerce students have a reputation for being money hungry, but he's living proof that business and social justice are not mutually exclusive.

While many people his age hope to attain ethical business policies and work practices through riots and protests, McCrea, 22, chooses to work from the inside, following the rules of the business game to achieve the fairest outcome.

"In business, especially in mining, we need consent from the people, from the community, from all stakeholders involved," said the fourth-year accounting major from the University of Saskatchewan. "We should find it necessary in Canada to achieve a social license before an operating license."

McCrea's latest trip inside the business world was his most exciting and influential yet — he recently returned from the Asia-Pacific Economic Cooperation summit in Lima, Peru, where he met with many of the world's top business leaders and politicians.

APEC is an official forum through which the 21-member countries can discuss trade, and economic and social development within the Asia Pacific region. APEC's membership represents 49 per cent of world trade and 55 per cent of the world's gross domestic product.

Through a program called Global Vision, McCrea and five other young Canadians spent a week in Peru making business contacts, promoting Canadian companies and trade policies, and learning about international trade.

McCrea was hand-picked for the mission by Global Vision founder and former Canadian MP Terry Clifford, and was especially excited when he learned the summit's theme was corporate social responsibility — one of his areas of interest.

But the global economic crisis quickly changed the priorities of the forum to discussing trade amongst failing financial markets.

"That, to me, was a little disappointing. I think corporate and social responsibility should be on the forefront of discussion, especially with trade," said McCrea. "However, it's very important, obviously, to deal with this financial crisis right now."

The message that was echoed by CEOs and leaders of nations alike was the importance of having an emphasis on banking regulation, transparency and oversight. Most important, though, was resisting the temptation to revert to economic protectionism.

CUP PHOTO

Canadian student Bryan McCrea speaks with a Peruvian investor at the Asia-Pacific Economic Cooperation summit in Lima, Peru.

"[Prime Minister] Harper said a few times that now is not the time to put up walls; it's a time to open doors," said McCrea.

And the prime minister was true to his word: McCrea was present as Harper and Colombian President Álvaro Uribe Vélez signed a free-trade agreement during the APEC summit — one that McCrea says has integrated different aspects of environmental, human and social responsibility.

McCrea also got an unexpected invitation after talking first to Vélez's wife, then to the president himself.

"[Vélez] and his wife invited me to their guest house in Bogota, and I'm going down in February, so I think I'll take them up on it," he said.

This is something McCrea hopes could produce a powerful friendship.

McCrea and the five other Canadians also had a one-on-one meeting with Harper, as well as with Stockwell Day and Lawrence Cannon, Ministers of International Trade and Foreign Affairs, respectively.

As a result, Global Vision will be organizing a youth leadership summit for the G8 in 2010, to be hosted in Ontario.

"That's going to be really neat, the fact that we get access to the G8, and we're going to have young leaders from the G8 member economies represented," said McCrea. "We need to be part of that forum."

McCrea will now set his sights on the Junior Team Canada mission to Colombia in February, where he will continue to work towards selling Canada's business potential, which he found does not take too much convincing.

"People get really excited when you say Canada. I think it's because we're still maintaining a fairly sound economic opportunity, [and] we are on the forefront of developing free-trade initiatives," he said. "The fact that we have young people there, representing Canada, shows that we're looking ahead, towards the future."

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Students head to the jungle

Ravi Jaipaul
INTERCAMP

EDMONTON (CUP) — Fourteen students from Edmonton's Grant MacEwan College will be trekking through some of the most remote jungle in the world this May in support of the newest edition of Project HOPE.

Project HOPE, which stands for Health Opportunities for People Everywhere, started just over 50 years ago in the U.S. by William B. Walsh, a doctor serving as a medical officer aboard a ship during World War II.

But unlike past years, which focused on construction-based projects, this year's group will be focusing on initiatives intended to help break the cycle of poverty of two indigenous tribes in the Bosawas biosphere of Nicaragua.

One of their first tasks on the list will be re-planting fruit trees in the region, which were decimated in Hurricane Felix in 2007.

"The kids aren't getting enough vitamin C, and so by planting the trees in a community gardening project we can help replenish their diet," said Caitlin Jackson, team co-leader and a second-year participant.

In the village's community centre, the group is planning to install a solar panel, which they hope will save the community money. "It's being powered by gasoline right now, which is becoming hard to maintain with the rising gas prices," said Jackson.

The team will also be testing their plumbing skills on repairing the potable water system. "The villagers are either carrying water from springs, or drinking out of the Rio Coco [river], which isn't safe," said Craig Worobec, project co-leader. "We will be helping to make water more accessible and safe for the community."

Trying to expand on the brigade tourism industry, which brings medical, dental and engineering groups to the region, the project will be building cabanas and rest stops along the river, to break up the difficult canoe journey up the Rio Coco.

Change for Children projects coordinator, Lorraine Swift, who has facilitated the partnership with Project HOPE for five years, sees this as an overwhelming positive change for the people.

"Often, these communities are discriminated against by their own governments, so it's both inspiring and empowering to see their commitment to receiving groups like Project HOPE from around the world," Swift said.

Swift, who has visited the Bosawas biosphere, stresses the importance of such a project to both the community and team members.

"This year's group gets to go to an isolated jungle area that no one gets to see. This is not a tourist area," she said. "It's extremely rare, and a privilege to see diverse, indigenous people living in their natural way."

The one-month trip, however, will only be after an exhausting eight months of fundraising to reach their goal of $50,000. Team members will have the precarious job of balancing school, work and Project HOPE.

"No matter what comes up in life, the project will take priority. It is pretty much the reason I go to school," said Rishi Jaipaul, a team member and education student.

For many team members, the lack of clean, potable water and electricity will be a tough challenge to adapt to. Sometimes, however, it's the simplest of comforts that bring a piece of home to the situation.

"The most important thing I'll probably bring is a picture of my family," admitted team member Christina Kuzyk, with a shy grin.

JENNIFER ZHOU GRAPHIC

CIVICS SPIELS

"I'd like to see [Jeb Bush] be president some day ... I mean, right now is probably a bad time, because we've got enough Bushes in there...."

– George Bush Sr. to FOX News on Jan. 4

THE MARTLET

Help lead the change!

Do you have connections or ideas about student action, activities, initiatives?

E-mail civics@martlet.ca

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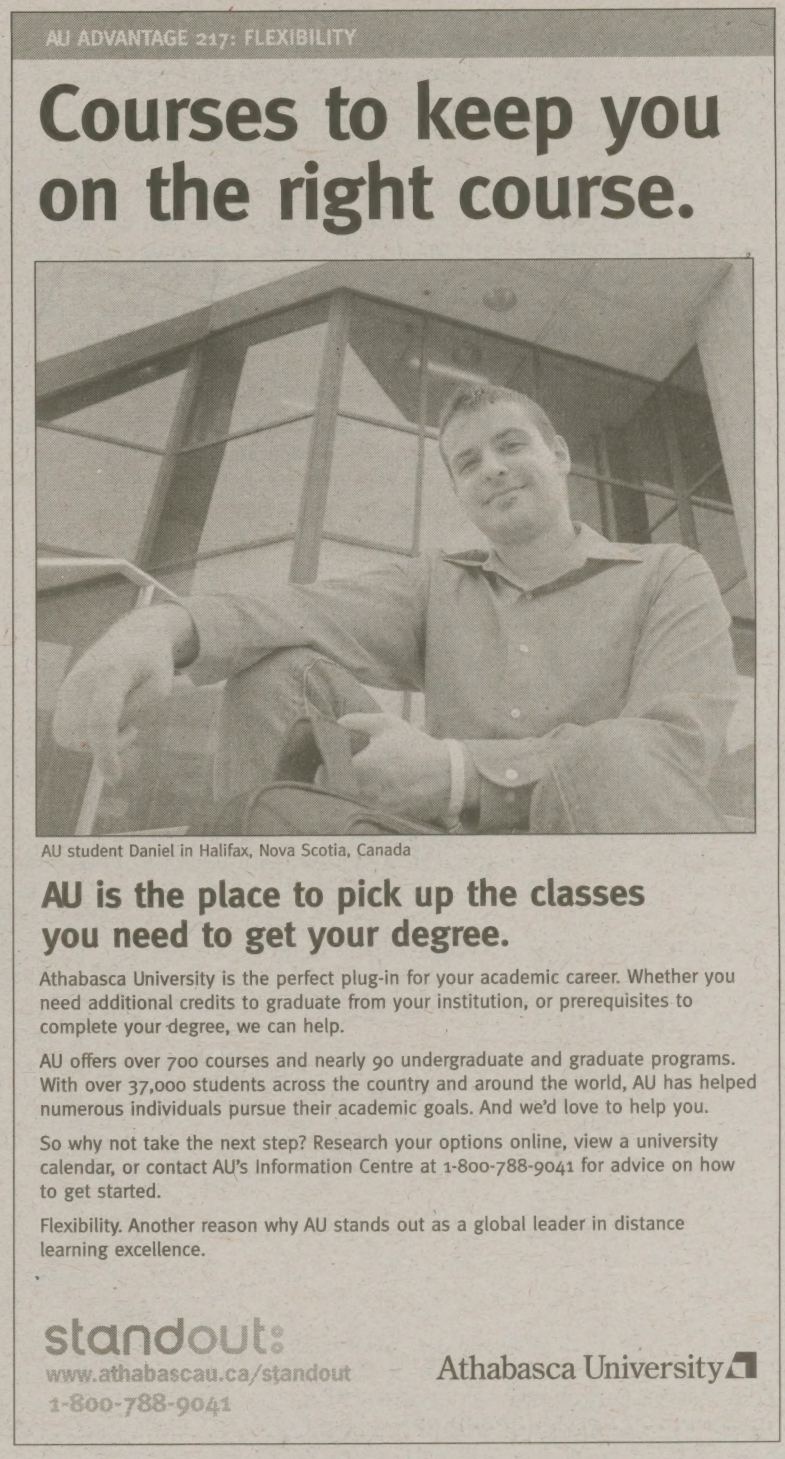
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Opinions

EDITORIAL

We're having sex, not kids

Nobody is having babies anymore.

Ask the average UVic student, and they'll probably offer up a myriad of excuses. Maybe they're too busy, neck-deep in student loans or want to travel around the world. Maybe they haven't met the right person, or think it's irresponsible to have children so young.

Whatever the reason, the statistics don't lie: the birth rate is plummeting. It takes 2.1 babies per woman to keep the population from aging — Canada's down to 1.5. Long gone are the days of the Hutterites, a branch of Anabaptists who increased their numbers from roughly 400 to to 50,000 in about 125 years. The average Hutterite woman had almost 11 children in her lifetime.

The age-old wisdom of the Bible says in Genesis "Be fruitful, and multiply, and replenish the earth, and subdue it."

Yeah, subdue it. Crush the Earth with teeming masses.

But who needs kids? They shit everywhere, drool all over you, cost lots of money and grow up to be whiny, needy, demanding consumerist clones that drain your bank account and get in your way. With the wealth of contraceptives available out there targeted at preventing the dreaded unwanted pregnancy, why bother rushing? Why have children at all?

In developing countries, many families will pump out an army of infants to help with work on the farm, or to contribute financially to the household. But in Canada, we have pesky child labour laws and mandatory education. Besides, what good is a child if it spends all its time in school, eating glue and making finger paintings?

However, doomsayers are concerned about the booming immigration in this country. We're not making our own babies, so we're ordering them from overseas. Like the family of Brangelina, our Canadian family is becoming more and more diverse. Some would say that this is a bad thing, that we're losing our essential "Canadian-ness" and being over-run by the foreign hordes.

But what about multiculturalism being a part of our essential Canadian identity — aren't we all immigrants? We hardly have any more claim to this land just because our parents happened to bump uglies while chilling on Canadian soil.

Today, Canadian women are waiting longer to have children, and we've come up with creative solutions. Instead of urging women to "lie back and think of the empire," as they did in the Victorian era, we're enabling women to embrace careers and pursue their other goals. And even as the sole source of child incubation, having powerful and independent women in the workforce is good for the economy, and good for the world.

Some are concerned that without a parade of youngsters, we'll have no one to pay for us and support us in our old age. After all, Stats Canada says that there are roughly four working age people to every retiree; in 2031 the ratio will be two to one. But is that a good reason to hastily conceive a soccer team?

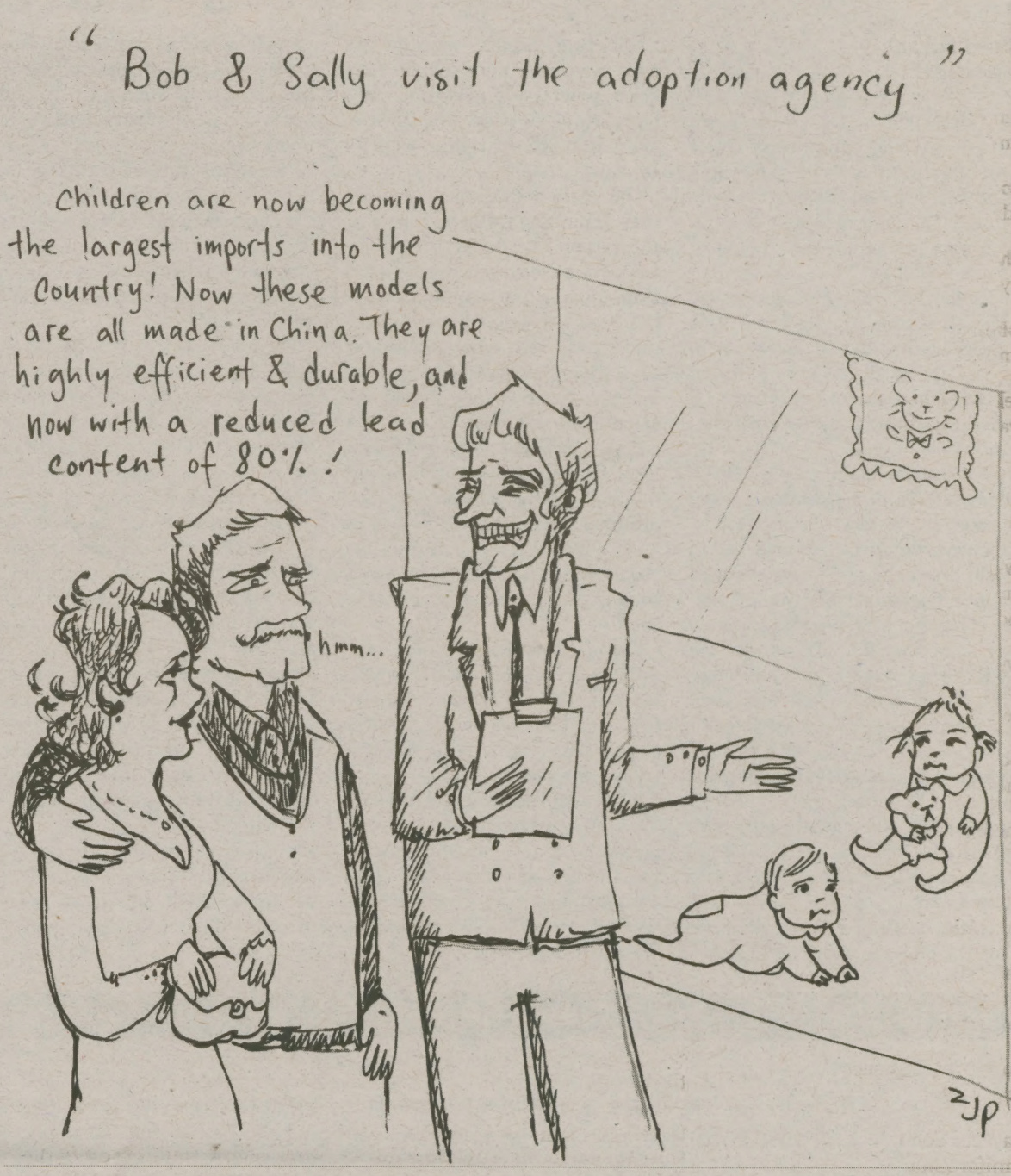
Having children may not be the only solution. Maybe by the time we've reached the retirement home, there will be new alternatives — like robots who can take over those muscle jobs the youngsters would have otherwise had to heave on their backs.

Waiting until a responsible time to bring a child into the world is a positive thing. Canadians are making more informed and responsible decisions, and this should be supported. Rather than focusing on numbers and statistics, we should celebrate the quality of life we have achieved and continue to support the individual freedoms of everyone in our society.

You wanna make babies? Go for it. But if not, that's cool too.

Editorial topics are decided on by staff at our weekly editorial meeting at 2:30 p.m. every Friday in the Martlet office (SUB B011). Editorials are written by one or more staff members and are not necessarily the opinion of all staff members.

CANADA RUNS OUT OF BABIES


" Bob & Sally visit the adoption agency "
children are now becoming the largest imports into the country! Now these models are all made in China. They are highly efficient & durable, and now with a reduced lead content of 80%!
hmm...
ZJP

JENNIFER ZHOU GRAPHIC

LETTERS

UVSS should reverse mistake

Mark Witten's recent shrewdly-argued article defending the YPY Club's right to funding on the basis of genuine diversity similarly asks the UVSS to admit the basis of suppression of a student club.

The UVSS might be asked, "Whose Diversity, Which Tolerance" is the basis of your Club funding policy?

As the Chaplain that serves the students, staff and faculty within the UVic Catholic community I find the UVSS's principled funding discrimination against the YPY an affront to the entire Catholic community, which respects the dignity of all human lives from conception until natural death. This is a moral principle of our religion which we've held for two millenia.

It is our highest obligation to speak on behalf of all the oppressed, the poor and the marginalized, and this includes society's most vulnerable voiceless members. Because we will not conform to the current UVSS moral position on the abortion debate, is the Catholic Student Association funding in question?

I certainly hope not, and I pray that wisdom prevails and the UVSS reverses its mistake regarding YPY funding.

Fr. Dean N. Henderson
Catholic Chaplain, UVic

Harm reduction needed

The key to creating "safe zones" for sex workers involves elected civic leaders, advocacy groups and the sex trade workers themselves.

I think most agree that change won't be achieved through advocacy alone.

The first step to protecting sex workers' constitutional rights is to strike down the laws that infringe on these rights.

The next step is to ensure sex workers' human rights and freedoms through current legislation that recognizes sex workers as persons worthy of respect and dignity and gives them protection against all forms of discrimination and exploitation.

Victoria's sex trade workers are working in extremely dangerous situations that are a direct result of the criminal laws.

It is these laws that put sex workers in conflict with police, meaning that the sex workers are less likely to seek or receive help when they are in danger.

There is a difference between decriminalization and legalization. The former would mean repealing sections 210-213 of the Criminal Code of Canada, while the latter would involve government regulation of the industry, comparable to legislation on alcohol.

I call upon City Council to take the lead, finding solutions by involving the groups I have mentioned. This would be new for Victoria and likely a model for other Canadian communities to adopt.

William Perry
Victoria, BC

News article contained errors

The Martlet article in "News Reviews," page 3, Dec. 4, 2008, inaccurately reports my comments at the Dec. 1 UVSS board meeting. I am offering a correction.

The Martlet asserts I "ask[ed] why the society didn't profit off Sue Johanson's visit." Instead, I simply asked whether we'd broken even, since some UVic community members had criticized Ms. Johanson's presentation and its UVSS funding. Finance Director Tracy Ho responded that we'd either broken even or spent very little.

The Martlet article also claims I "oppos[ed] a course union's request for $100 in order to throw a party."

SOCC Representative Luam Kidane challenged the chair over whether UVSS funds could be used for a "Christmas" party, (which the course union had mentioned they were planning,) rather than a nondenominational party.

I also expressed reservations, supporting Ms. Kidane's challenge, which failed.

The chair then clarified the motion mentioned no specific use for the $100, and an audience member explained that the reimbursement process ensures course unions' funds are spent fairly. I then declared my support and voted for the motion.

In future I ask Martlet staff to value accuracy over speed.

David Foster
UVSS Board

Happy? Sad? Enraged? Engaged?

Tell us: letters@martlet.ca
The Martlet has an open letters policy and will endeavour to print every letter received from the university community. Letters must be submitted by e-mail, include your real name and affiliation to UVic, and have "Letter to the editor" in the subject line. Letters must be under 200 words and may be edited.

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Air Canada ruined my Christmas

Dorian Geiger

JENNIFER ZHOU GRAPHIC

If you were flying anywhere in Canada over the holidays, there is a good chance you were left swearing under your breath at the weather for ruining your travel plans because of delayed or cancelled flights.

Thousands of passengers spent days stranded in airports across the country, preventing many from reaching their destination or families in time for Christmas.

I spent Dec. 25 by myself on my couch in Saskatoon with a bottle of Captain Morgan's keeping me company.

Instead of turkey dinner with my family in Victoria, I ate a turkey pita from 7-11 because it was the only place open on the holiest day of the year. Air Canada had reduced me to a heartless and bitter individual.

How was I to know it would get hellishly worse?

After waiting two days in Saskatoon, we arrived in Calgary's airport on Boxing Day. Things were looking up — until I had a nosebleed at the exact moment our flight to Vancouver had begun preboarding. I haven't had a nosebleed since I was seven years old.

After tending to myself, I barely made it on the plane. However, I was missing my iPod, which I realized had likely fell out of my pocket while I stuffed my face with Kleenex, laying flat on my back in the boarding lounge.

A cute girls' volleyball team sitting directly across from me while this scenario was playing out didn't improve my circumstances either. Eventually, fingers crossed, my grandma, aunt and I boarded the plane destined to whisk us away to Vancouver — the final stop before arriving in Victoria.

Upon settling into my seat, an Air Canada flight attendant notified us that all of the passengers would have to deplane because of immense snowfall and extreme winter conditions in Vancouver — the flight had been cancelled.

This can't be happening, I told myself as a frenzy of cruel insults and verbal attacks engulfed the cabin of the aircraft. I was determined to make it to the coast one way or the other, even if I had to sell my body for sexual favours.

After angrily shuffling off of the idle plane, I instantly called the Air Canada toll free number, desperately attempting to rebook a flight. Forty-five minutes of sitting on hold allowed me to conclude that whoever designed the Air Canada telephone help line has never felt the touch of a human hand. It also made me wonder whether or not Air Canada had any human employees at their disposal or if their call center was comprised of an assembly line of monotoned robots.

I think I was mechanically wished "Merry Christmas!" by an automated woman's voice at least 94 times.

However, there was light on the other end of the seemingly hopeless chasm that was Air Canada's hold line. After eventually getting through to a human being, I managed to get the last seat on a plane flying direct from Calgary to Victoria leaving later that evening.

Unfortunately for my grandma and aunt, they were forced to slumber in Calgary for the night — without Air Canada offering any accommodative rebates to them.

Feeling rather disconcerted for having to leave part of my family behind, I somberly bid my aunt and grandma goodbye and proceeded to catch my flight.

It wasn't until my aircraft had nearly lifted off the ground that I observed at least 10 vacant seats around me. It dawned on me that the woman working for Air Canada who I spoke to over the phone was a swindling, lying pirate hooker and it was because of her incompetence my family was needlessly stranded.

When my aunt and grandma finally reached Victoria it had been three days since our original flight.

Essentially, Air Canada's lack of service and weak attempts at maintaining happiness amongst its customers over the holidays has left a dark stain upon the airline conglomerate and will likely draw increasing hordes of customers towards Air Canada's nemesis WestJet.

At least WestJet distributed free slices of pizza and were rebating disgruntled flyers' tickets, often for double the initial price of the ticket.

Mother nature is unpredictable and unpreventable, but Air Canada's response to the wacky winter weather over Christmas break was sub-par at best and will leave me cringing anytime travelling is mentioned for some time to come.

I have only one New Year's resolution thus far in 2009: to refrain from boarding another Air Canada plane as long as there is a single breath left in my body.

FASHION FOLLOWINGS

Resolve to look like yourself this semester

Trisha Gieni

Whether you are one of those people who must have the latest (insert overdone trend here), or one who believes that even thinking about fashion is a waste of time, chances are that you wear clothes.

Even if you don't think hard about it, you inevitably put some form of covering on your body before you step onto the bus, slump into your car, or hop onto your bicycle to head to school. You may not realize it, but everyone else does — your clothes represent you.

Now, I will be the first to admit that sometimes torn jeans and whatever T-shirt I found on the floor without a ketchup stain are a perfect portrayal of my laziness. I'm not talking about the days where you feel sick, or the ones where all you will be doing is studying. Instead, I want you to think about what you wear when you consciously decide on a "look."

I often choose by process of elimination.

I know that mysterious seductress is not my look. The dark makeup makes me appear tired and cranky, while the slinky dresses produce an uncomfortable dance move that I like to call the tuck-and-smooth. I still haven't figured out how to wear undergarments with some of those.

I also know that jock is not my look. I simply can not convince anyone that I just came back from a run. If there is a rosy glow about my cheeks, it is probably because I just walked up a flight of stairs. I save anything spandex or varsity branded for the couch.

Finally, I cannot pass as uptight and professional. I don't really think this is a bad thing, but I cannot look intimidating to save my life. I still look like a five-year-old in her mother's suit jackets.

Talking about fashion over the break, a friend of mine said, "Just because it fits doesn't mean you should wear it." Just because something is trendy or fashionable doesn't mean that it is you.

Clothing is how you want others to see you. It is the easiest way to make an impression — one that you, to an extent, control. While I can't exactly control whether or not my friends will understand why I love cardigans more than jackets, or why I will wear boots with dresses, they do know that I choose what I wear. What I wear says, "Me."

This year, don't wear something because it's in a magazine, or because your fashion crush had it on in class. Make your own look. It doesn't need to be consistent, or fit into what your group of friends wear (I know we have grown up a bit, but we all still do this). Wear what you like. Wear what you are comfortable in.

> "This year, don't wear something because it's in a magazine or because your fashion crush had it on in class. Make your own look."

I am generally against New Year's Resolutions, but looking like myself hardly counts, right?

I want to look at photos of 2009 and laugh about some daring fashion risk I took because I couldn't help but pair those red boots with that burgundy skirt, or sew that crazy patch on that vest. For myself, the last thing I want my kids saying is, "Mom, why did you only wear jeans and black sweaters?"

I am realizing more often that it really does not matter what is in style or what matches.

Trends come and go — and then come back again. Icons die. We change. This year, make your own decisions about how you present yourself.

JENNIFER ZHOU GRAPHIC

Tossing our awareness out with the garbage

Cory Proulx

MARC JUNKER GRAPHIC

It presses my mind to think of a greater invention than the inception and development of the garbage can.

Think about it comparatively.

Flying machines, beginning with the Wright Brothers' straight through to the F-16, are all very trendy but likely play a relatively small role in day-to-day activities of anyone but the jet-setting few.

Edison's lightbulb, combined with Blumlein's stereo may have had more significant implications, allowing us (75 years later) to bust a move in all-night dance debauchery whilst bombarded by pulsing electric filaments and mega-loud house beats.

But ponder the massive proliferation of the modern garbage bin.

It is likely you have one in almost every room in your house. If you drive a vehicle, you probably have a small holder for waste.

Bins come in a swath of shapes and sizes, some tucking under a sink, some secured to a wall. Some have little flaps over their openings, while others, still, employ a foot stomp-pedal attached to a lever that pull open the lid. They dot streets and malls, so that wherever a battery is depleted, a tissue used, or a package discarded, there is never a suitable receptacle far from hand.

"It presses my mind to think of a greater invention than the development of the garbage can."

Perhaps the single flaw in the design of the garbage can comes at no fault of its own. Quite simply, garbage containers fill up. They are finite. But this is a tool in the great expansion of an entire system of waste management — a garbage empire.

Garbage disposal service is the egg to the garbage can's chicken, beginning nearly two millennia ago in 200 A.D. The Romans began employing teams of two men who pulled a wagon through the streets, collecting any garbage they happened upon. Presumably, they hauled their laden garbage wagon off to the municipal garbage dump, the advent of which came hundreds of years prior.

Garbage disposal has grown exponentially since those archaic times, spurned on by our exalted economic prosperity and full-fledged consumerism.

People no longer pull wagons, but drive fleets of yawning trash trucks by our front doors on a weekly basis, removing an offensive rotting trash bin's contents to the safety and ignorant bliss of far-off landfills.

My love for the garbage can runs deep as a trench in an ocean that knows no depth.

It is utterly unimaginable to live in world without such beautiful cylinders and the dedicated few employees who dig out masses of earth only to refill the created void with our refuse.

When I am finished with something, regardless of its relative worth or recyclability, I may throw it into the garbage and be utterly sure that I will never see that item again. No person nor power that is may punish me for disposing of something useful. They couldn't possibly know. And I can equally be sure that unless I am friendly with those employed by the local landfill, no one I know will ever see such an item again.

How distressing would it be if day upon day we were forced to look upon an ever-growing pile of household refuse, or were bombarded on the streets by smells of rotting eggs and ammonia?

Trails of our excrement would ooze down our streets and block our paths. Thank whatever god is yours that a terrorist organization has yet to mastermind a plot to secretly dismantle our garbage disposal system.

Our glorious western culture would be brought to its fat knees.

We would be waste-deep in paper coffee-cups and fast food wrappers before a week had passed, strangled shortly thereafter by the scent of decay, and finally done in by disease and harmful bacteria passed on by the rats.

The despair and sorrow of such an event would be exceeded only by its morbid and utter irony.

So tomorrow, when a garbage truck passes by your domicile, thank the gloved individual emptying your bin not only for removing your waste, but for the blissful dose of ignorance they administer to us, week in and week out.

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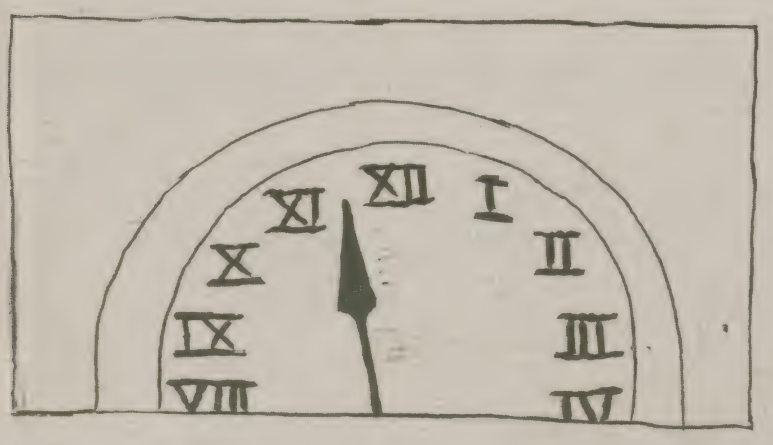

MARC JUNKER GRAPHIC

Hoping time will flow backwards

Jennifer Gait

As someone who is perennially late for everything, I often wish that time could go backwards.

Then I learned that quantum physicists believe that time flows both ways. What luck. I wondered how I could master the art of making time reverse. Not only would I be early — I'd be rich.

> I wondered how I could master the art of making time reverse. Not only would I be early — I'd be rich.

Quantum experiments are influenced by the expectation of the observer, so I needed a situation where I would be the only one influencing the outcome.

The required experimental conditions evolved gradually by happenstance. I drive regularly from the Hillside Mall area to Esquimalt pool. Shortly after I started, I read the Zen of Driving and began to practice becoming aware of everything around me.

A few weeks of driving more mindfully led to the realization of how time stressed I was — I habitually fumed while waiting at traffic lights, and growled at slow drivers. I, who was always so calm and non-judgmental, was stressing about the loss of a few minutes.

So to take time out of the equation, I got into the habit of setting an intention when leaving that I would arrive at my destination safely at the right time. If I was going to meet someone, the right time was when they would be ready to see me, which might be somewhat earlier or later than the time we had agreed upon.

My intentions changed my relationship to time while driving, because everything en route became related to arriving safely at the right time. A red traffic light or a slow driver kept me from the accident I may have had if I had not been delayed.

Gradually I began to drive differently too. Often I no longer seemed to be in charge, because the car and I became extensions of one another. I focused on the road and on what was around me, and everything else seemed to happen automatically.

My use of intention changed my beliefs about time — it is no longer important to focus on how long or short a time it takes me to get to the pool. I hope someday to arrive at the pool earlier than I left home, my criterion for success, but I don't think about time while en route. I look at my watch as I leave my driveway and again when I arrive at the pool — in between, I stay in the moment

Has it worked? Have I shown that time can go backwards? Not yet.

Once or twice I have completed the usual 15- to 20-minute journey in five minutes which, while hopeful, does not quite meet the criterion. But I am not downcast. Instead I feel buoyed up by all the things I have gained from this experiment.

For instance, on a particularly unlovely bit of Esquimalt Road I had a fleeting experience of being one with everything around me. The road, trees, buildings and and sky started to glow, and for a couple of seconds I was part of them and glowed with the same intensity.

I also notice things more now. I am aware that life is not as I thought it was; it holds wonders and possibilities I have never imagined. I consciously try to come into flow with the Universe, and watch for synchronicities and other signs that show whether I am on the right track.

Whether time reversal shows up in my life or not, is ultimately not important, because I am enjoying the journey so much. Still, I hope one day to be someone who arrives perennially early. If it happens you will be the first to know.

My battles with granolafication

Tanysia Komers

JENNIFER ZHOU GRAPHIC

It was one of those grass-lazing, sunglass-wearing kinds of afternoons when the worst suddenly dawned on me.

There I was, wearing a dress in the middle of a park, with my bong in my lap and my bike leaned up against a tree explaining the fundamental differences between a bike theft in Fernwood and one in downtown Victoria.

According to my ganja-inspired philosophy, I wouldn't mind, if, instead of a bratty 14-year-old punk, some homeless man who needed my expensive primary method of transportation rolled off with it. Following several seconds of communal silence, the essence of what had just come out of my mouth struck me.

Did I just say that? Did I, one of the biggest capitalists to ever hit UVic's Fine Arts department, just admit that the theft of my bike would not bother me were it for a good cause? Well, fuck; it should seem my hemp wearing classmates and colleagues were finally getting to me. Either that, or I had spent a little too much time in the sunshine.

Pedaling home that day, I was suddenly very aware of the theatre down the road, the three coffee shops I could crawl to in early morning (or afternoon) caffeine-deprivation and the stacks of recycling boxes sitting in my driveway.

Then there were my plans for later that day; the ones which comprised of running away with my bong and laptop to a coffee shop in Vancouver to brood and write away my troubles. None of this was all that worrisome on it's own, of course, but when placed in conjunction with my flower-child roommates and the bright blues, yellows and violets of my little house, I begun to fear the loss of my redneck ways.

Even my book of expenses had been tracking my gradual granolafication — there, $20 for fruits and vegetables found at the community market; here, $50 for green inspiration. Where the hell was my record of meat-purchasing, cancer stick acquisitions, and oil and gas burning? How the fuck did I not even have a column for alcohol-related expenditures?

Instead, I had spent a lot of time and money on afternoons lying on blankets in local parks, smoking shisha and singing Jack Johnson-type music along with my guitar-playing girl friends.

Cycling to school has since become a daily reminder of how badly I've been stained green. While watching my dream trucks roar by, I can't help but "tsk" and think of myself as infinitely superior to those who burn gas as opposed to calories. I was already contemplating whether or not I should buy lights for my bike and a helmet that I wouldn't even be required to wear if I were still living with the rodeo-enthusiasts a province over.

I finally did decide that I needed a lock, though. When parking downtown, I click the bolt in place and can't help but feel the satisfaction that my bike will not be easy pickings for just anyone who lingers outside my favourite coffee shops.

So there, Victoria.

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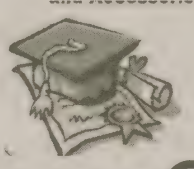

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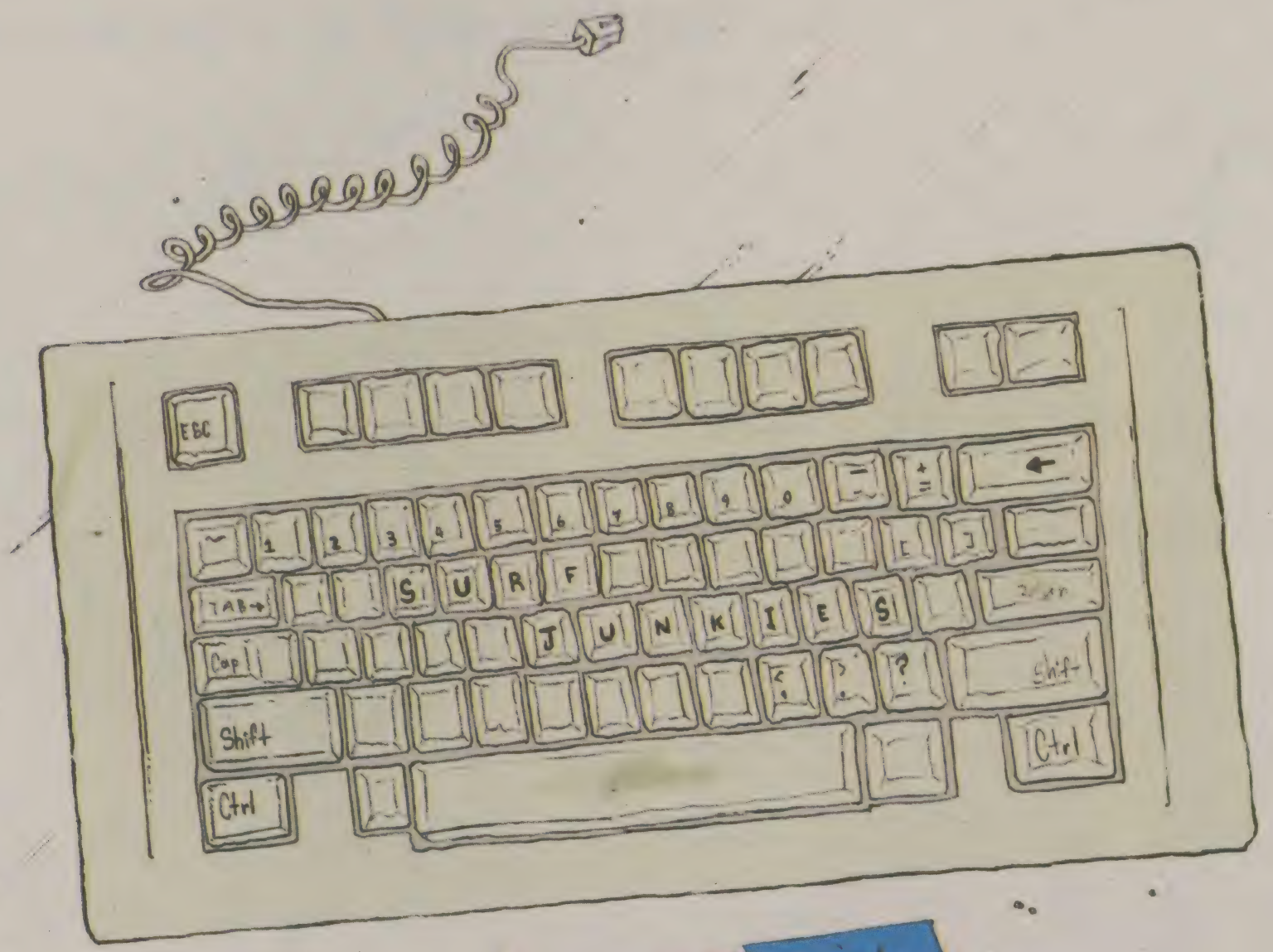
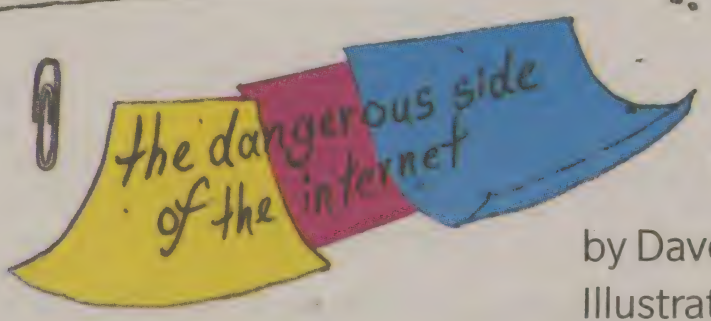




by Dave Atkinson of *The Fulcrum*
Illustrations by Marc Junker

OTTAWA (CUP) – Some people shoot heroin they've cooked on a tinfoil takeout plate into the webbing of their toes in a back alley, while others, fuelled by methamphetamines, take apart televisions in hotel rooms after a week without sleep.

Then there are those who spend the hours between 2 a.m. and 4 a.m. updating their cat's blog to fill everyone in on the life and times of Mittens, the greatest cat in the blogosphere.

Internet addiction is as real as any drug and it has recently escalated into an actual disorder.

According to the Diagnostic and Statistical Manual of Mental Disorders IV (DSM-IV), an addiction to drugs or alcohol is present if the patient exhibits three or more of the following symptoms: tolerance to the substance; consumption of large amounts over a long period; unsuccessful efforts to cut down; the time spent obtaining the drug replaces social, occupational or recreational activities; and continuing use despite adverse consequences.

Internet addiction disorder was first thought up as a joke by New York psychiatrist Ivan Goldberg in 1995. Goldberg invented it in order to show the American Psychology Association that the DSM included disorders that should be considered questionable.

He was trying to make fun of society's obsession with its own addictive disorders, and thought being addicted to the Internet was ridiculous.

That was before people started uploading hundreds of videos of their video-game skills.

Though the makers of ergonomic chairs and Doritos are happy with masses of people sitting at their computer, Goldberg's joke is now being considered a serious issue by psychiatrists and the general public alike.

INTERNET ORIGINS

The Internet was originally created by the United States government as a network between military computers. It allowed users to share information quickly and over long distances. Implemented by the Advanced Research Projects Agency in 1969, it was originally was called ARPANET.

ARPANET had no porn, no Facebook and no hilarious pictures of cats. It remained a purely military and academic system until the late 1980s and early '90s, when it was opened to corporate interest.

But most importantly, in 1990, the European Organization for Nuclear Research (CERN) launched its World Wide Web project. With this launch, the Internet was made public. Within only a few years, the Internet became omnipresent; now there are even refrigerators that can access it.

And when you get a wide enough sample of users, there are bound to be some who get hooked.

THE INTOXICATING INTERNET

In a study published by Computers in Human Behaviour in December 2007, authors Andrew Thatcher and Gisela Wretschko found that most people have what they call "problematic Internet use."

The usage pattern was defined as "use of the Internet that creates psychological, social, school, and/or work difficulties in a person's life." Some of the symptoms they included were pre-occupation with online activities, the need to spend increasing amount of time online and unsuccessful attempts to reduce the amount of time spent online.

Nicholas Carr, the author of the article published in the Atlantic Monthly, titled "Is Google making us stupid?," believes the Internet has made life a lot easier in some aspects, but has also increased our reliance on technology, which has had detrimental effects on humanity.

"My mind now expects to take in information the way 'the Net' distributes it: in a swiftly moving stream of particles," Carr wrote. "Once I was a scuba diver in the sea of words. Now I zip along the surface like a guy on a Jet Ski. What the Net seems to be doing is chipping away my capacity for concentration and contemplation."

Thatcher and Wretschko claimed that as the Internet becomes increasingly integrated into every facet of life, people will spend more of their free time surfing it. Some will use their time wisely, while others will become addicted to the very idea of the Internet.

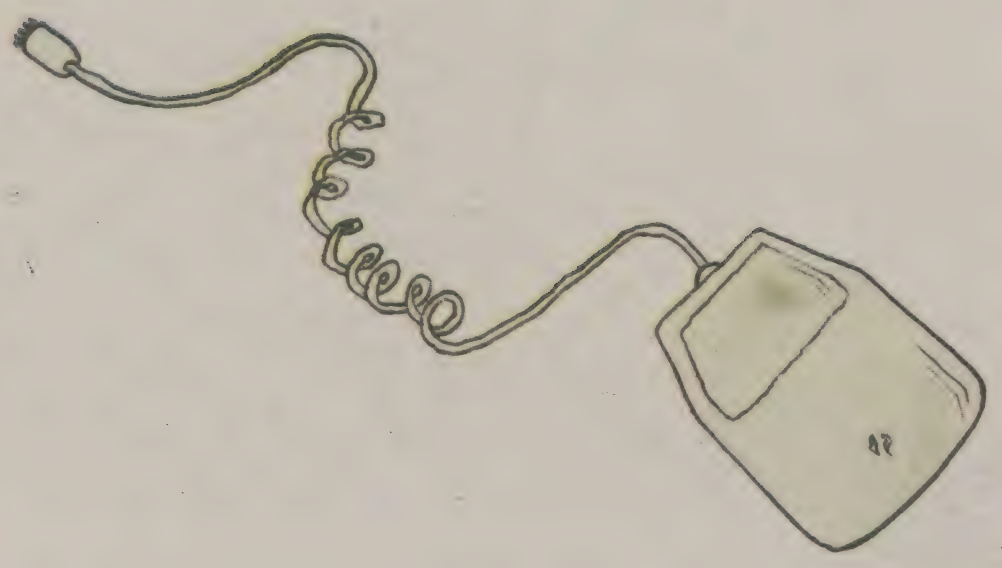
The theory makes sense — while one person uses the Internet to do research for their economics essay, another spends all their time looking up You Tube videos. These people don't go to class, they don't do their rotting laundry, but they do have over a thousand friends on Facebook. These people are the ones that may have a problem — and more and more of us are becoming "these people."

Jerald Block of Oregon Health and Science University in Portland, Oregon has spent significant time researching the idea that Internet can be addictive. His research has led him to believe that the Internet is actually more than just an addiction — it's a distortion in the person's mind.

"The relationship is [now] with the computer. It becomes a significant other to them," Block said. "They exhaust emotions that they could experience in the real world on the computer through any number of mechanisms: e-mailing, gaming, porn."

THE GAMING ADDICTION

One of the most popular activities on the Internet is the video game. Within several months of the Internet's public release, it was turned into an all-out gaming network.



With the release of Playstation 2 in 2000 and X-Box Live in 2002, the Internet weaseled its way into video game consoles. From World of Warcraft to The Sims, online gaming has made it possible for users to immerse themselves in a world that is forever at their whim, allowing people to create a second life that is like the real world, only with the capability to be an elf.

Just like the old adage, most good things taken in excess have detrimental effects, and video games are no exception — addiction to gaming has allegedly even been the cause of several deaths.

In a 1990 article published in the British Journal of Psychiatry, author Aviel Goodman compared the criteria lists for various addictive disorders such as alcohol dependency, pathological gambling and compulsive overeating, and came up with several addiction characteristics.

To simplify Goodman's criteria, essentially, if you do something more than you want to, try to cut back and fail, feel crappy when you're not doing it and balls-out great when you are, and then feel awful when you finish doing it, you're probably addicted to whatever "it" is.

Some people exhibit this behaviour toward video games. Some people, toward the Internet. For example, South Korean gamer Lee Seung Seop died of exhaustion in 2005 after playing Starcraft for 50 consecutive hours. Though these stories are rare considering the sheer numbers of gamers, they are still unnerving and make many people wonder what causes the difference between liking video games and needing to play them.

For one thing, users with penises are far more at risk. According to a Stanford University School of Medicine study on video games, the part of the brain responsible for rewarding feelings is more stimulated in men than in women when playing a video game involving territory control. With increased playing of video games comes increased skill, and higher rewards or levels are attained.

Alan Reiss, senior author of the study and professor of psychiatry and behavioural sciences at Stanford, was not surprised by the outcome.

"I think it's fair to say that males tend to be more intrinsically territorial," he said in an Ottawa Citizen article last May. "It doesn't take a genius to figure out who historically are the conquerors and tyrants of our species — they're the males. Most of the computer games that are really popular with males are territory and aggression-type games."

Efforts are being made to curtail gaming addictions. Notably, according to a May 2006 Washington Post article, South Korean treatment centres and telephone hotlines have opened to combat the condition. Also, in August 2005, the Chinese government introduced an "anti-online gaming addiction system" targeting Internet cafés. The government's efforts limited the playing time of anyone under 18.

If players gamed for over five hours, a warning on the screen appeared after every 15 minutes of subsequent playing time, saying: "You have entered unhealthy game time, please go offline immediately to rest. If you do not, your health will be damaged and the benefits you can win will be cut to zero."

If the gamer refused to quit, all their progress over the time they had been playing would be forcibly erased. This system is still in effect.

A real gaming addict is dependent on the activity to the point where they can't stop if they want to. A person may not want to stop, but if they still find time to shower, eat and go to school, they are likely not addicted.

THE PORNOGRAPHY ADDICTION

While Playboy was a huge hit when it first came out in the '50s, it's rapidly getting as old as Hugh Hefner — and it just isn't cutting it anymore. Suddenly the Internet and youporn.com emerged as heroic saviours in the world of Jenna Jameson and *Nailin' Paylin*.

These days, almost all porn is found either cheap or free online.

The Thatcher and Wretschko study found that the Internet is the main portal for porn due to its "ease of access, affordability and anonymity." However, there are increasing problems with over-usage of Internet pornography.

Psychologist Gabriel Cavaglion published a study in the July issue of *Sexual Addiction and Compulsivity* examining the problem of Internet porn addiction.

"When compulsive sex use on the Internet reaches an average of dozens of hours per week, it clearly decreases the user's involvement, care and availability to his family, and can be detrimental to marriage and sexual relationships," he noted.

According to a study measuring addictive sexual disorders using the DSM-IV, pornography addictions only become worse. Those affected by it are continuously desensitized to common sexual stimuli, thus requiring hardcore material to become aroused. This is strongly related to the extreme types of porn so readily available on the Internet.

Gruffly speaking, a porn addict isn't turned on by a naked body. The naked body needs to be covered in latex, carrying a whip, flanked by a team of dwarfs, or doing something involving feces. The point is, it needs to be extreme.

What effect does this have on a normal sex life? Well, we need to remember that porn stars are basically the professional athletes of sex, so trying to work at the same level is like trying to run as fast as that Jamaican Bolt guy who tripped and danced his way to a record-breaking 100-metre time.

CAUGHT IN THE WORLD WIDE WEB

If you're awake at 5 a.m. in the centre of a field of empty Red Bull cans and Doritos packaging, putting in eye drops to counteract the effects of staring at a flat-panel monitor for 19 straight hours, you may have a problem.

But this is far from the norm. Most of us use the Internet a lot because it is a great and powerful tool, and it legitimately makes what we want to do easier, cheaper, or more fun. While not everybody has a compulsive personality, many of us do likely spend far too much time on the Internet. Our television, music and comedy fixes all come from cyberspace, along with our gaming and porn desires.

Carr put it most eloquently when he said: "Never has a communications system played so many roles in our lives, or exerted such broad influence over our thoughts, as the Internet does today."

Most of us have had the experience of looking up long-lost friends on Facebook instead of writing that 50 per cent essay due the next day. The important thing, is to recognize when a change might be needed to untangle us from that web — and to do just that.

> "Internet addiction disorder was first thought up as a joke by New York psychiatrist Ivan Goldberg in 1995."

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ANDREW SMITH PHOTO

Cameron McLeod's painting *Fractured Landscapes* is currently on display at the McPherson Library.

Show displays creative process

What: "In Search of Lost Time" The display of Cameron Ian MacLeod (1958 — 1983)
Where: McPherson Library
When: now until Jan. 15

Alison Wagner

"Every once in awhile, one is confronted with an aspiring young artist who is charged with such passionate dreams and has evidence of such genuine vision . . . that he compels one's compassion by the very precariousness of his potential self-realization. Such an artist was Cameron Ian Macleod," wrote Jack Shadbolt in his 1987 essay on the young artist.

MacLeod's work, on display now in the McPherson Library, speaks of a short and tragic search for self-actualization in a life fraught with illness and frustration.

Born in 1958, MacLeod studied art in Banff, France and England. He received an Honours B.A. in fine arts from the University of B.C., as well as numerous scholarships and awards. MacLeod's work, produced largely between 1975 and 1981, shows the influence Emily Carr, the Group of Seven and his own mentor and friend, Jack Shadbolt had on him.

Most of MacLeod's early works are abstract landscapes. Even in high school, where he studied under Edward Gale, he showed a particular aptitude for oil paintings. He favoured the diptych and triptych models — two and three panel paintings, in which each set of panels shares a common theme.

One such diptych, *Crucifixion*, depicts the title event at different angles. Such dark subject matter did not come to him without reason — at the age of three, MacLeod underwent open heart surgery. The trauma of the experience is also reflected in his later works, particularly *A Head to Tuesday* done in 1983, the year of his death.

One of the most intriguing parts of the exhibit are excerpts from MacLeod's journals, reproduced and posted next to his paintings. These offer a rare look at the thoughts and processes of the artist — from his excerpts, one can trace his frustration with the limits of his body and his artwork. He simultaneously encouraged himself to paint while berating himself for a lack of ability to project his true emotions onto the canvas or paper.

"Only if one did not have this body to deal with — ugly physical presence and weight and space," he wrote in 1983. "To hover free above this prison and experience all the world has to offer ... is this asking *too* much?"

If anything, MacLeod's works show that his struggle to understand himself and the world around him paid off. The result is a collection that is stunning both for the content and the sheer volume of completed pieces accomplished in so short a time. This exhibit is a rare jewel, beautiful in its complexity, and a true tribute to MacLeod's life, and to the efforts of any and all artists who strive to capture themselves in their art.

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Legendary Victoria gypsy-ska kings fly home

What: The Tequila Mockingbird Orchestra with the Human Statues
When: Jan. 8, 10 p.m.
Where: The Upstairs Cabaret
How much: $10 in advance at Lyle's Place and Darcy's, more at the door

PROVIDED PHOTO

After spending months touring across Europe, Victoria's Tequila Mockingbird Orchestra returns to play the Upstairs Caberet on Jan. 8.

Emily Agopsowicz

Hot on the heels of a four-month European tour, the Tequila Mockingbird Orchestra is back in Victoria preparing for a show at the Upstairs Cabaret and the release of their second full-length double EP, *The Cellar Sessions*.

The Tequila Mockingbird Orchestra formed during a jam at Victoria's now defunct Moustache bar in December 2006. By October 2007, they had solidified into an quintet comprised of djembe/cajon, bass, accordion, geet-box, fiddle and five-way vocals. Since then, they have become legendary in Victoria, known for their genre-stretching music featuring gypsy-ska infusion, with African rhythm, classical-inspired melodies and colourful lyrics delivered with high energy vocals in English, Spanish and Portuguese.

Their recent tour began in September, taking them across Spain, Germany, France and Italy. True to their music's gypsy roots, it was largely unplanned and had the boys living by the seats of their pants.

"We had a couple of shows lined up, but other than that, it was a busking tour," said Kurt Loewen, lead vocalist and guitarist. "We played in the streets and invaded people's homes. We'd go into bars and say, 'Hey, we're Canadian, can we play here?' Sometimes they'd say yes and sometimes they'd say no."

The absence of a plan was a "liberating experience," said drummer and vocalist Paul Wolda.

"We always knew that we would be totally fine," said Wolda. "And it's just knowing that, just having confidence that you'll be fine and just doing it."

The band's (mis)adventures included having paint cans thrown at them, playing for a private sailboat party, and scoring VIP passes to Neil Young's show — twice.

Being an unknown five-man band performing in foreign lands presents challenges, particularly when you're playing for your next meal.

"You're tired, you're hungry and you play so hard and you make so little money, then you eat and have coffee, and do it all again," said Loewens.

Violinist and vocalist Patrick M'Gonigle believes that the key to success is being able to understand the audience.

"We're playing in the street in all these different countries and we realized we can't just play and think that we'll have people come up and go 'Yeah!'," said M'Gonigle. "How you're feeling really translates into the music. If we're feeling down and we go out there we're putting out this energy that we're hungry and we're playing to eat, that energy shows through in the music."

"I feel like sometimes we played the songs perfectly, technically, but nobody gave us money and nobody liked it because it lacked the right intention," added accordionist Ian Griffiths.

"You've got to show that you're enjoying what you're doing, and that you want to make people happy," said Wolda.

Griffiths describes their latest full-length double EP as "schizophrenic."

"Half was recorded in Canada on Vancouver Island, and then the other half was recorded in Vienna underneath this 400-year-old grotto," said Griffiths.

It could also be called the makings of luck, charm, hospitality and good old-fashioned foot stompin', hip-swaying music.

"We met a girl in Berlin on the subway; she came to our show at a small café and gave us the contact for a friend in Vienna," said Loewens. "We called and ended up staying with him for two weeks. And he happened to just be finishing a recording engineering degree at a college in Vienna, and his bandmate happened to live in the same apartment building on the bottom floor and they had access to all the equipment from the school. So they put it together for us for free."

"Everyone brings something different," said Griffiths. "We'll have one song that's very obviously like gypsy-ska, then another that's very bluegrass."

The band agrees that they will continue to explore their roots and expand their sound. And the full-length double EP will be on sale for the first time at their show on Jan. 8.

"Victoria is a great place to come home to," said Loewens. "When you're touring the people don't know you, so they're not as easily receptive. Whereas here, the people who come out to see us have usually seen us a bunch of times already, and they're excited."

For more information, visit tequilamockingbirdorchestra.com.

Fast-paced novel explores if wrong can be right

Cobra 405
Damien Lewis
ARROW BOOKS LTD

Mark Seneviratne

Cobra 405 is journalist Damien Lewis's latest fictional novel spotlighting the British Special Forces, in particular the elite Special Air Service (SAS). The primary objective of this mission is to recover documents from the Imperial Bank of Beirut. The action takes place at the height of the Lebanon Civil War in the late 1970s.

But temptation gets in the way of the mission, and soon the soldiers decide to steal the gold in the bank.

The theft of the gold, with an estimated worth in the hundreds of millions, puts the careers of the soldiers on the line as they willingly disobey orders. The gold belongs to the various factions fighting the war, used to purchase arms and supplies, essentially fanning the flames of the conflict. Lewis handles this by dividing his book into two halves — the mission, and its blowback 20 years later when a shadowy group known as the Black Assassins try to recoup the gold after they discover its whereabouts in an underwater cave.

Lewis writes an engaging and original story that poses a peculiar moral conundrum: is stealing someone else's money, which is used to fuel civil unrest and bloodshed, wrong? Should the soldiers be considered righteous or greedy for their actions? Although their true motivations are left up to the reader to decide, Lewis makes it clear that these likable protagonists are not the bad guys.

The author has a flair for short and humorous dialog, exemplified in the amusing repartee that the soldiers indulge in.

The action (the true meat of this genre), is executed to perfection, and like a slow-motion camera shot, it drops the readers in the thick of the battle. Every burst of gunfire and bullet wound has crystal clear descriptions, neither jumbled nor overwritten. The scenes showcase the author's prodigious talent for filtering a chaotic environment into understandable specifics.

Some downsides in this novel are the paper-thin characterization of the soldiers, which utilize stock stereotypes of Irish, American and Scottish traits. Lewis also overuses the word "maverick,"and overstates the incompetence of senior officers, which leads to needless drama and tension, and leaves a stale taste.

The themes stressed in the book — an unsupportive government teetering on the brink of collapse, and an apathy-ridden public — are eternal, and endemic in all extended conflicts. In the book, duty and honor to country face off with literally a golden opportunity to rise to the stratosphere of wealth. Inner and outer conflicts play havoc with the soldiers as they decide to become rich men with the stain of shame, or humble warriors draped with glory.

In writing *Cobra 405*, Lewis has produced a terrific addition to the genre — one that surpasses his contemporaries like Andy McNabb, Terrence Strong and Chris Ryan. Lewis displays the talents that have justifiably put his novel on the bestseller lists in the UK.

Those looking for a thriller with an edge fused with an ethical quandary will find plenty to like; a veritable rocket ride to the end with all the stops pulled out.

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Comics should draw adults' respect

Matt Smith

MARC JUNKER GRAPHIC

Comics aren't just for kids.

Comic readers have known this since the mid-1980s, when superhero comics were given gravitas and maturity with several deconstructionist-limited series like Mark Gruenwald's *Squadron Supreme,* Alan Moore's *Watchmen* and Frank Miller's *Batman: The Dark Knight Returns.* These series took comic book superheroes (previously aimed at children) and made it cool for adults to read comics too.

Even those who aren't fans of comics have become aware of less juvenile comic book fare since the movie adaptations of *V for Vendetta* and *Sin City* became massive blockbuster hits. Yet a stigma still surrounds comics and their aficionados.

Comic book readers are still characterized as geeky, socially-awkward, zit-faced virgins, while comics themselves are still thought of as juvenile, light weight, disposable entertainment. No one would say "I don't like movies," or "I don't like books." They'd say "I don't like slasher films," or "I don't like romance novels." But it's not difficult to find people who dismiss the medium of comics entirely. But comics are a form of storytelling, not a kind of story; they are a medium, not a genre. And just like any other storytelling medium, whether it's film or literature, there is a plurality of genres within comics.

The problem is that comics are synonymous with superheroes. Currently, there are several popular monthly superhero comic book series, including Brian Michael Bendis' *New Avengers* and *Ultimate Spider-Man.*

Some recent superhero comics have been truly great, like Mark Millar's *Superman: Red Son,* which circles around the question of what would happen if Superman's ship from Krypton had landed in Communist Russia and not Kansas, and Millar's *The Ultimates,* which re-imagines Marvels' Avengers in a post 9/11 world where superpowered people are classified as "People of Mass Destruction."

But superheroes aren't for everyone.

Luckily, comics are about more than wearing tights and fighting villians. Long before Spider-Man and the X-Men were created in the 1960s, Superman and Batman were sold alongside romance, cowboy, horror and mystery comics — in the 1930s, to be exact. But as superheroes became more popular, the other genres waned and eventually seemed to disappear.

Still, other genres do exist. There are horror comics like *Hellblazer* or *30 Days of Night*. There are post-apocalyptic comics, like Robert Kirkman's *The Walking Dead,* an ongoing title about survivors of a zombie plague, or Brian K. Vaughn's *Y: The Last Man,* about the lone surviving male after a mysterious plague wipes out every creature on Earth with a Y chromosome. Terry Moore's *Strangers in Paradise* is a great modern romance comic.

Then there are comedic comics, like Eric Powell's *The Goon* or Kevin Smith's *Clerks*. There are crime comics, like Frank Miller's neo-noir *Sin City*. There are neo-realist comics like Harvey Pekar's *American Splendor* series, and even autobiographical comics, like the works of Canadian cartoonists Seth and Chester Brown, and their American friend, Joe Matt.

Comics can even be erotic, like Alan Moore's *Lost Girls,* which explores the sex life of Wendy from *Peter Pan,* Dorothy from *The Wizard of Oz* and Alice from *Alice in Wonderland.*

Comics are easily dismissed as being poorly written or aimed at children, but what critics are forgetting is that no story is written for a universal audience. Not every piece in every medium's genres will appeal to everyone, but there are more than enough comics that are written for a purely adult audience and shouldn't even be seen by children.

One of the most popular adult comics is Garth Ennis and Steve Dillon's *Preacher* series. The story is wonderfully twisted with demons, angels, sex, violence, vampires, alcohol, bulimia, mutilation and a descendant of Jesus, whose blood line has been kept pure by 2,000 years of inbreeding. It is a bizarre, hilarious and excellently written series, but it is definitely not for children.

And every medium has its own strengths and limitations. There are things that movies do which books cannot. The comic book page can play with design, pacing, structure and layout in a way that can't be done in movies or books. Canadian cartoonist Chester Brown has his panels float around the page rather than restricting them to a grid. This allows him to isolate an image by placing a lonely single panel on a page surrounded by empty space. Brown shows long passages of time with several blank pages.

Even outside of the industry itself, comics have received critical acclaim. The New York Times Bestseller List has featured Neil Gaiman's *Sandman, Watchmen* and *The Dark Knight Returns*. Art Spiegelman's *Maus,* a graphic novel story about his father's life during the holocaust, was given a Pulitzer Prize Special Award.

Everyone loves a good story. Those who say "I don't like comics" are just dismissing an entire medium of great stories — stories they may not be able to find anywhere else.

Canadian artists frame Harper

Katherine Gottli
THE BROCK PRESS

ST. CATHERINES (CUP) – Canadians are being encouraged to use their art to speak out against federal cuts to arts funding through a contest called "Framing Harper."

A Canadian-run art blog called Art Threat launched the contest in November, offering $1,000 to the best portrayal of Prime Minister Stephen Harper's commitment to the arts in Canada.

The show's tagline is"Harper may hate the arts, but the arts love Harper."

According to a press release from Art Threat, the contest was initiated in the wake of Harper's decision to scrap the National Portrait Gallery, a Liberal government initiative which began in 2006. Even though close to $20 million has already been invested in the project, Harper cancelled any further developments.

"This is yet another indication of how dismissive Harper is to Canadian artists and culture; it's barbaric," said Rob Maguire, senior editor at Art Threat. "That's why we wanted to give artists a chance to say something back – to show their outrage, and have a little fun. Everyone is encouraged to participate."

Maguire notes that this could also be a great way for student artists to get their name out there. Art Threat, a web magazine, covers political art of all genres, discusses policy as it pertains to culture and showcases artists whose work is meant to inspire social change.

Art Threat is looking to take the tour of the Stephen Harper Portrait Gallery across the country, and has already solidified shows in both Montreal and Ottawa.

The contest promises a small amount of recognition for artists who submit their work. Submissions will be judged by high-profile Canadians active in the arts including former Heritage Minister Sheila Copps and West Coast visual artist George Littlechild.

Submissions for "Framing Harper" close on Jan. 31, 2009. For more information, go to artthreat.net.

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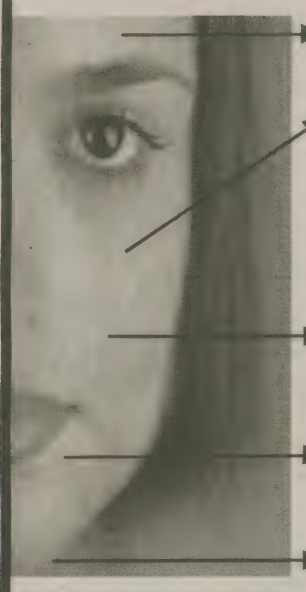

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Continued from p. 1

Youth not a prerequisite for a UVic education

Cory insists that mature students bring as much to the classroom as they take away from it.

"Older students often come to classes prioritizing the intellectual engagement over the credits or grades, which . . . makes for a very dynamic and engaged learning environment," said Cory.

Fayle has nothing but praise for her younger counterparts, and says she was "never treated like an old lady."

Fayle's daughter said of her mom, "She's so popular."

In taking University 101, Fayle's goal is to provide inspiration to those who might be intimidated by university, including her own grandchildren.

"I would encourage anyone to further their education if possible. Reluctance doesn't get you anywhere," she says.

Fayle has been featured in Reader's Digest and the Globe and Mail, and Arnold has written about his experience in Street Newz.

"[The students are] so accommodating that I felt at home from the very first day," Arnold said. He hopes to continue with undergraduate courses.

As for Fayle, when asked if she plans to complete a degree, she laughs.

"If the good Lord lets me stay here long enough," she said.

Death hits home for UVic philosophy students

Jennifer Gait

"You are going to die," Klaus Jahn, a UVic sessional instructor repeatedly told his Philosophy 290 class last semester.

Jahn is not particularly bloodthirsty, nor does he hate students. In fact, he appears to enjoy teaching and never shows any animosity toward his class. So why the death threat?

Jahn's words were intended as a statement of fact, not a threat. Sooner or later, everyone dies. Jahn hopes his course, the Philosophy of Death and Dying, will show students that there are ethical implications in accepting that they are mortal and taking their own death seriously.

> "You can make life genuinely better by appropriating the fact that you are going to die."
>
> – Klaus Jahn
> Philosophy 290 instructor

JOSH THOMPSON PHOTO

Last semester's Philosophy 290 class didn't quite have students studying in graveyards, but it did have them thinking about death and dying.

"People do themselves a disservice; they take themselves for granted ... they put off until tomorrow the things they should do today ... and end up having alienated themselves from those around them and from themselves," said Jahn. "The thing I would like people to take away from this course is to treat others better and to treat themselves better. You can make life genuinely better by appropriating the fact that you are going to die ... You can walk away from those relationships that cause you pain, and embrace those that give you pleasure."

Jahn himself recognized his mortality early. At age eight, he was given a new bedroom — a cold, dark, narrow room without windows — which Jahn said was like a crypt.

Lying in the pitch black, he imagined what it would be like to be dead.

"I remember thinking 'this is nothingness,' but quickly came to realize that it was not nothingness," Jahn said. It was his first existential experience, and his understanding that he would die some day led him to study philosophy.

The course, which Jahn first taught in Toronto at George Brown University, covered a lot of ground, including new definitions of death, views of death in literature and by philosophers throughout the ages, immortality, suicide, euthanasia and ethical decision-making.

UVic philosophy student Kathleen Miller said the strength of Jahn's course was how well put together it was from the very beginning.

"The first assignment was a powerful statement, a step into nothingness, and it set the tenor of the course," she said.

That first assignment (which Jahn prefers to keep as a surprise to incoming students) emphasized the idea that humans are on the edge of an abyss, poised between being and non-being. The assignment also often causes students to drop the class.

Jahn understands that the emotions aroused by the course, and the emotions which may cause students to drop the course, can be difficult. He feels them too.

"[This course] is the most valuable teaching experience I have ever had," Jahn said. "It is taxing because it is so personal. It's incredibly difficult to teach this course and not feel the forces all over again. I'm incredibly grateful each time I teach it, because, like most people, I forget this [that I'm going to die] all the time ... it slams it back home that this is actually going to happen to me."

Second-year history student Sarah Stang said the course changed her attitude toward death.

"I am more aware of my own death and of how unaware most people in society are about it," said Stang. "I have brought it up with other people and we discuss our views on death. Their first reaction is 'this is really morbid,' but after a while it gets them thinking."

According to Michel de Montaigne, a 16th-century writer, thinking about death is the route to acceptance.

"Let us disarm him of his novelty and strangeness, let us converse and be familiar with him, and have nothing so frequent in our thoughts as death," he wrote in his essay "That to Study Philosophy is to Learn to Die."

Montaigne understood that awareness of one's mortality leads to living life more fully, and spending time wisely. Stang also came to this realization.

"When you are in a situation, you can let it unfold," she said, "but you can also sit back and ask: 'Is this really important in the long run? Is this how I want to spend my time?'"

Miller also viewed things in a new light after taking Jahn's philosopy course.

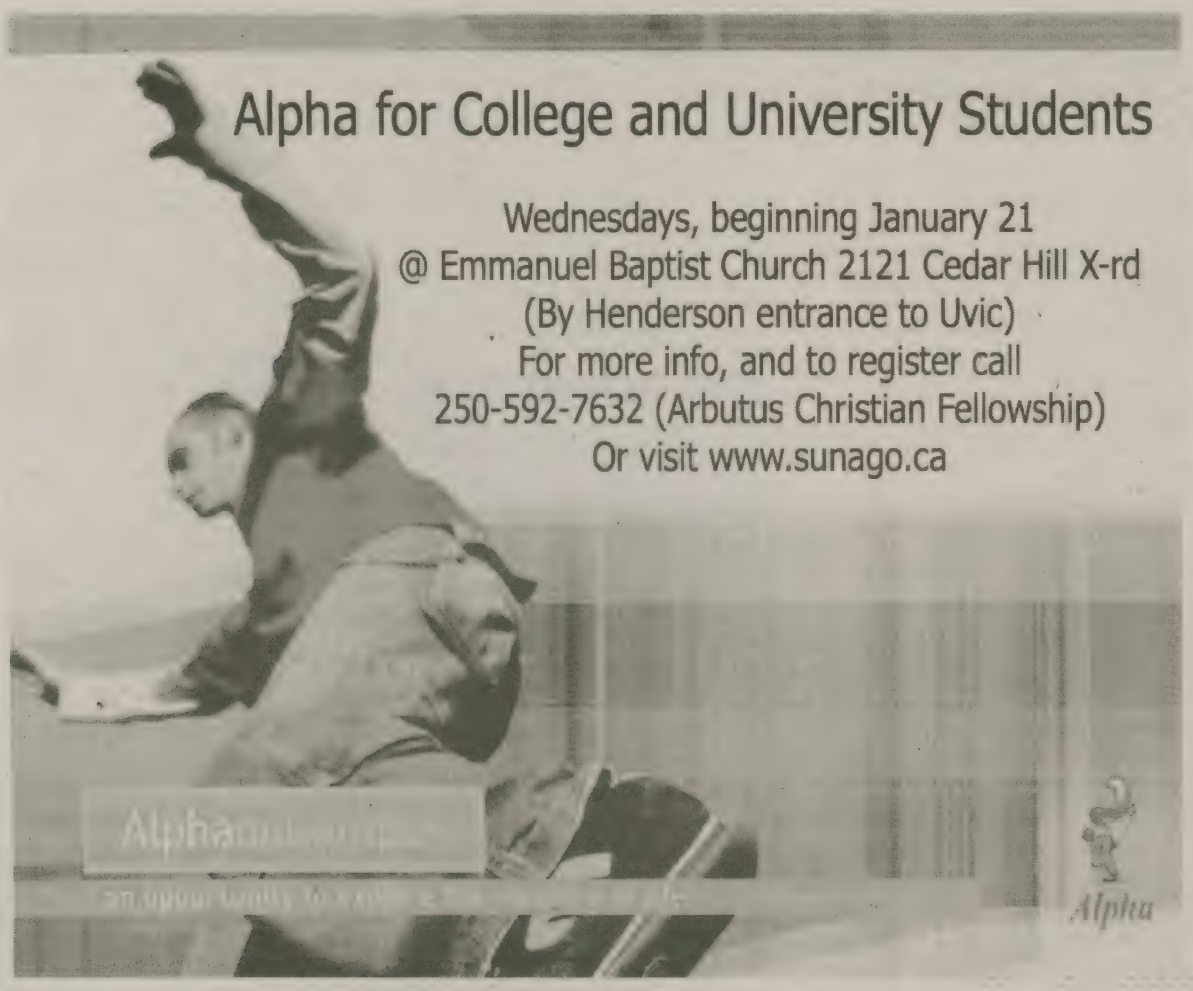
"I have always known that these things [shopping and exercising] are distractions and not the meaningful things in life. Now I understand that I am distracting myself from fear of death, and from fear of life," she said.

The existential component of the course helped Miller to resolve these fears — when struggling to find meaning in life, she noted her recognition that life is absurd.

"Once you recognize that life is nothing, it's a kind of freedom," Miller said. "It allows you to give your own meaning to it."

Still, Jahn believes the course is not for everyone.

"Some people just don't want to touch this, and I understand that completely," he said. "But then there are other people for whom it hits home and it makes them think more critically about themselves and how they can treat themselves better. And that's a really good outcome."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   Sugar Mountain: Live At Canterbury House 1968 (Reprise)
3. NAIL SALON †
   Rad City [7-Eleven] (Self-Released)
4. VIVIAN GIRLS
   Vivian Girls (In The Red)
5. VARIOUS *
   Just West of Something Big (CFRU)
6. FUCKED UP *
   The Chemistry of Common Life (Matador)
7. KID606
   Die Soundboy Die (Tigerbeat6)
8. MANHATTAN LOVE SUICIDES
   Burnt Out Landscapes (Magic Marker)
9. DD/MM/YYYY *
   777 (Self-Released)
10. PARTS & LABOR
    Receivers (Jagjaguwar)

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Urban rock or metalcore, it's been done before

New releases showcase the never-ending search for originality in today's music scenes

OAKALLA
Oakalla
604 RECORDS

Oakalla's debut album is a self-titled urban rock salute to family history, which showcases the talent of its blood-linked members (a first cousin and a pair of brothers count for three musicians in this quintet).

Oakalla's consciousness of family roots shows in the folk-country accents embedded in the vocals and melodies that shine through each of the tracks like blades of grass through the cement of their gritty rock drums and guitar.

The band takes their name from the prison where their grandfather served two years. Accordingly, their lyrics often nod to their family's storied past as Russian immigrants who came to Grand Forks, B.C. with conflict on their heels. Their single, "War," is an infectious and danceable guitar-driven track that would sound at home in any earthy west coast brewpub, while "Take Me Home" provides reflective music suitable for those long road trips out east.

For their interest in the past and grander themes, Vancouver-based Oakalla hasn't lost focus on the present: "Mr. Smith" is a plodding, tongue-in-cheek ballad about the dreaded screaming manager we've all had at one point, and the ensuing fantasies of revenge we all entertain. Next to "War," "Give It" is the album's best earworm, a lyrically repetitive and rhythmically compelling slam-piece about wanting sex.

"Darlene" highlights the sweeter side of Oakalla with a heartfelt breakup story well carried by Matt Lebedoff's refreshingly masculine, no-nonsense voice which delivers each bar warmly and clearly. "Burn Me" carries the same thread of social disobedience, but shucks the loss and ups the ante with a strong drum and bass line beating out a rapid tempo, bridged by interludes of tranquil noodling.

Oakalla was made for the untamed, unpretentious city-dweller with an old-fashioned heart, and is accessible even to those who don't like country bleeding into their rock. All 11 tracks have something to offer both lyrically and musically, making for a solid and promising debut for this west coast group.

- Marri Knadle

So Many Nights
The Cat Empire
INDICA RECORDS

The Cat Empire hails from Melbourne, Australia (one of the most liveable cities in the world) and their music is as multicultural and easygoing as the city that played handmaiden to the band's development.

Active since 1999, The Cat Empire is no stranger to the music scene, and their fourth album, *So Many Nights,* debuted as number two on the Australian charts as just reward for their evolution of sound — a journey that has seen over two dozen guest musician contributors.

What makes *So Many Nights* special is not only the musical and compositional talent it contains, but also its cosmopolitan flair. Much of it is good background music for a soiree with tapas and friends. "Fishies" in particular, with its sassy trumpet line underscored by a ceaseless rumba, demands mohitos be sipped and smouldering looks be cast across a dance floor.

"Strong Coffee" takes the listner out of the lantern-lit cantina and into daily life with a kookier, quirkier beat than the rest of the album's tracks — though it utilizes the same Brazilian and Spanish musical influences in brass and snares.

"Panama," on the other hand, is a very North American-feeling track, most enjoyable during its suspended chorus (Felix Reibl cries above a sparse drum and guitar, "I love things that seem impossible!").

Harry James Angus sings "Lonely Moon" and "Voodoo Cowboy" (among others), and these two tracks stand out as strong contestants for the most lyrically interesting pieces of the album. Their charm is brought to life by Angus' distinctive voice, easily placed for its touch of AC/DC's Bon Scott.

"No Longer There" is The Cat Empire's single, a feel-good contemporary piece that totally mutes the band's reggae influence (an inspiration in full force in "Till The Ocean Takes Us All"), and provides a more innocent lift of the spirits in contrast to the album's more worldly themes.

> Diverse yet not divided, ***So Many Nights*** offers enduring songs for many occasions.

Diverse yet not divided, *So Many Nights* offers enduring songs for many occasions. If you like what you hear be sure to check out their newest album, *Live On Earth,* when it debuts Feb. 12 of this year.

- Marri Knadle

Bedroom Madness
Hexes and Ohs
NOISE FACTORY RECORDS

Electro-pop isn't usually my choice of music, but Hexes and Ohs duo Heidi Donnelly and Edmund Lam have produced a number of beats that I can't help but bob my head to.

After playing their sophomore album, *Bedroom Madness,* on repeat for over a month now, the songs "H-H-HIGHSCHOOL" and "Little Bird" are now permanently ingrained in my memory. The light-hearted tunes inspired by their high school sweetheart romance have produced a number of absorbing tracks.

It's been three years since the two sat down at home to record their first album *Goodbye Friend, Welcome Lover,* and the couple has only progressed.

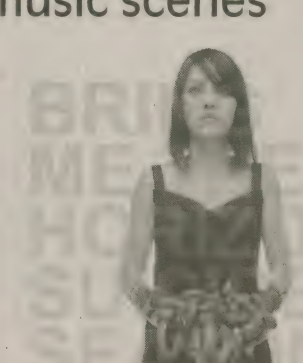
The rollercoaster ride that took Hexes and Ohs from their isolated love nest has seen their catchy tunes received with open arms as they performed with bands including Tokyo Police Club and North by Northeast.

Bedroom Madness has sharper melodies than Donnelly and Lam's first home recording and includes a wider array of music as the two share duties on everything from vocals to working the laptop. The album is soothing, absorbing listeners with a series of similar pop beats.

The only issue with their recent release is that it's sometimes difficult to tell if you've already hit the repeat button.

Still, their listeners are left grasping for more, hoping it doesn't take the duo another three years to produce their next album.

-Andrew Smith



Suicide Season
Bring Me The Horizon
VISIBLE NOISE

It's difficult to review metalcore albums. Each track begins a new effort to seek out at least one element of the band that distinguishes it from the hordes of skinny-jean-wearing art school rejects vomiting into microphones.

It's no doubt that Bring Me The Horizon delivers an absolutely crushing live show — if only the pit wasn't full of scenesters trying to avoid ripping the plugs out of their ear lobes and cutting their gums on their matching labrets. But from a musical perspective, their newest album, *Suicide Season,* doesn't really add anything more to the canon of core besides another layer of percussive kick drum, guttural cockney-tinted gang vocals, bass-heavy 5150 guitar crunch, and horrifyingly cliché "deathcore" lyrics.

"The Sadness Will Never End" is nothing more than a chance for the band to shamelessly suck up to much-more-talented UK brethren, Architects, and the title track might as well be a Johnny Truant song. The best thing about the album is "No Need For Introductions, I've Read About Girls Like You On The Backs Of Toilet Doors." Despite the too-long overdone moniker, the track provides a comfortable and surprising 17 seconds of lounge music before launching into a blast beat hurricane that wouldn't be out of place on a somewhat respectable grindcore album. It's not exactly innovative, but at least it's not more of the same.

Overall, Bring Me The Horizon knows exactly what they want to sound like and they do it — but so do Atreyu, Killswitch Engage, Darkest Hour, Poison The Well and everybody else on Hot Topic's latest compilation album.

-Sol Kauffman

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JOSH THOMPSON PHOTO

The Bakersfield Condors were the latest side to be crushed by the Victoria Salmon Kings.

Salmon Kings in ECHL standings

Philippe Granger

As 2008 drew to a close, the Victoria Salmon Kings were looking to burst into the new year with the momentum of a near perfect December.

Without giving up a loss since Dec. 5, the Salmon Kings have set a new all-time franchise record of 13 consecutive wins, surpassing the previous 1989-90 club record of 12 games from the days when the team played in Erie, Pa. The streak is the longest in the league this season, and is tied for fourth in all-time winning streaks in East Coast Hockey League (ECHL) history.

Since the streak began, Victoria's Todd Ford is 7-0-0 with two shutouts, while Jonathan Boutin is 3-0-0. Julien Ellis started three games before being recalled to Manitoba of the American Hockey League (AHL) on Dec.15, after going 3-0-0 with a shutout, a goals-against-average of 1.00 and a save percentage of 0.956.

With only two losses in December and a mere three losses in their last 28 games, the Salmon Kings are an unstoppable force dominating their western division rivals.

Curtis Billsten potted a pair of goals and an assist against the Bakersfield Condors Friday, Jan. 2, and scored the first goal in both Saturday and Sunday's matchups for a combined six points over the weekend. Special teams played a major part in the series, with seven of the 13 combined goals being scored on the power-play.

If leading the west division isn't enough, the Salmon Kings now sit in first place in the ECHL thanks to their outstanding captain and team point leader Wes Goldie.

Goldie now ranks fifth among ECHL point leaders and is five points back from top spot. He recently scored back to back hat tricks during games against Phoenix and Alaska, both games resulting in wins. He scored 14 goals in 12 games as he led his team to 10 consecutive wins in December. Goldie proceeded to start the new year off with two goals and an assist in the three game series against the Bakersfield Condors.

As the Salmon Kings' sniper, Goldie leads the league in goals with 29 through 33 games.

Goldie will be heading to the ECHL all-star game on Jan. 21, along with Victoria defenseman Dylan Yeo and rookie forward Dan Gendur. Goldie and Yeo have been named to the starting lineup.

Yeo, who is under contract to Manitoba of the AHL, leads defensemen with nine goals and 32 points. Gendur, who is under contract to Vancouver of the NHL, leads ECHL rookies with 11 power-play assists and is tied for the lead with 14 power-play points.

The Salmon Kings host the Ontario Reign for a two-game series this weekend at the Save-On-Foods memorial centre.

Canucks score big over the holidays

Injuries and new faces trigger West Coast buzz

Dorian Geiger

Santa was good to the Vancouver Canucks over the Christmas break, bringing a welcomed gift to the club in the form of newly acquired sensational player, Mats Sundin.

It was an eventful December for the Vancouver Canucks. Anyone who flipped on a television or browsed sports blogs over the break likely witnessed Mats Sundin dawning a Canucks sweater.

In fact, missing the former Toronto Maple Leafs' captain sporting the green and blue was almost as unavoidable over the holiday break as laying eyes upon a nativity scene near a church in your neighborhood. A whopping three dozen journalists followed the 37-year olds' every move in his first skate with the Canucks on Dec. 30.

Speculation as to where the Swedish superstar would land after his brief hiatus from the NHL has been persistently fueled by the media since late summer time.

Just as Brett Favre's departure from Green Bay to New York shook the NFL world, Sundin's decision to settle down and play professional hockey again caused a large buzz in the hockey community.

Sundin needs to get back to where he feels comfortable on a performance level and disclosed to the media he will at least need a week of rigorous training with his new squad before he will officially suit up with Canucks for an NHL match. With his teammates already over half way through their season, Sundin's fitness will be under constant surveillance. Sundin's first contest will most likely be against the Edmonton Oilers on Jan. 7.

Sundin, however, is emerging as a Mark Messier figure and a seasoned veteran, so don't look for Sundin to add a significant degree of offensive firepower to the Canuck's scoring capacity.

Needless to say, Sundin's arrival on the west coast of Canada will still add some depth to Vancouver's offensive unit in terms of leadership and edge the franchise a step closer to proving themselves as a serious playoff contender in the Western Conference.

Quickly moving focus from the NHL to the 2009 IIHF World Jr. Hockey Championship in Ottawa, Canucks prospect and 10th overall draft choice Cody Hodgson has made his country proud and established himself as one of Canada's World Jr. team's best forwards.

Hodgson is the tournament leader in assists with nine helpers. Look for this young, talented forward to be a key piece of Vancouver's offensive puzzle in years to come.

On the bleaker end of events in Van City, goaltender extraordinaire Roberto Luongo will continue to be sidelined due to a mild groin injury for at least the better part of a month. Initially injuring himself on Nov. 22 against the Penguins, Luongo managed to re-aggravate his groin condition on Dec. 10.

Skating for the first time to test the extent of his injury on Dec. 30, Luongo had minimal success and will need a lengthier amount of time to recover and heal his groin ailment.

Luongo is unquestionably Vancouver's cornerstone and it will be interesting to see if recent L.A. Kings acquisition Jason LaBarbera will be effective between the pipes for his new team. LaBarbera grew up playing minor hockey in Langley, so it's easy to see he'll perform for his city until his superior, Luongo, returns from his disabled status.

Furthermore, LaBarbera's magnificent debut against the Nashville on New Year's Day put Vancouver up over the Predators 2-1 and helped the club ring in 2009 in a celebratory manner.

Vancouver presently sits at second place behind the Calgary Flames in the Northwest Division with a promising 21-15 record, but needs to be better offensively to be at the top of their game.

Daniel and Henrik Sedin lead the Canucks in scoring heading into 2009 with 41 and 37 points respectively, with Pavol Demitra trailing with 22 points. The Canucks resume regular season play in early January with matches against the Oilers on Jan. 7, and the Blues on Jan. 9.

The Canucks are almost solidified playoff contenders if they can overcome Captain Luongo's injury and continue to play the in the fashion they were playing in before Christmas — the only question that remains is how deep the club will be able to go in the 2008-09 NHL post-season.

THE MARTLET

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Vikes all-stars sign for Victoria Highlanders Football Club

Andrew Smith

It's no secret that soccer is on the move in Western Canada.

After watching our neighbors across the Georgia Straight capture the United Soccer League gold for the second time in three years, Victoria fans now have a club they can call their own.

With the establishment of the Victoria Highlanders Football Club, Vancouver Island fans will be treated to some of the highest level of developing soccer in Canada.

And there's no better way to gather support in a new town than to recruit some of the best local talent.

Just before exams began in December 2008, the UVic All-Star duo Cole McFarlane and Dan Kilpatrick were signed to the up and coming franchise.

It's not a bad decision on the Highlanders part, considering McFarlane is the reigning Canada West MVP and scoring leader with his 11 2008 goals, while Kilpatrick led the league with 75 saves and five shutouts.

While the club's establishment is great for aspiring soccer players, McFarlane also points out that it's great for the local community.

"It's good for players like us who are trying to make a name for ourselves," McFarlane said. "[And] it's going to be huge for the city."

Along with McFarlane and Kilpatrick, UVic alumni Craig Robertson and Patrick Gawrys have also joined the lineup. NCAA All-American Jordie Hughes and Gorge's Paul VanderBoomen were also signed in December.

With over 15,000 youth soccer players in the local area, the club will be cheered on by a town starved of elite soccer. While the team is a development organization with strictly amateur regulations, playing for its squad is a huge stepping stone toward a professional career. Scouts will certainly be in the stands this summer.

The 2009 summer campaign sees the Highlanders join a league with a 67-team format and four conferences. The new side will play 16 matches in regular season play — eight at home and eight away.

After having played against some of the most competitive developing players next summer, the Vikes squad will only be stronger as they look to avenge their early exit from 2008's Canada Interuniversity Sport (CIS) Nationals.

While the experience will only increase the UVic athletes' abilities to perform, the new club has the potential to attract strong soccer players to Vancouver Island.

"I hope there's a positive spin off," said UVic men's soccer coach Bruce Wilson. "I hope the team draws some good talent and hopefully they'll end up going to school here — that certainly wouldn't hurt us."

For now, the team is assembling and grueling practices will commence as the side prepares for their first home game this summer at the City Centre Park in Langford.

ANDREW SMITH PHOTO AND LIGHTCRAFTERS PHOTOGRAPHY

Dan Kilpatrick and Cole McFarlane both signed with the Highlanders.

Wallyball back at UVic after decade-long absence

David Karp

Students bored of standard intramural offerings such as soccer and basketball can try something new this semester — wallyball. The obscure volleyball deviant is on the intramural schedule this semester for the first time in more than a decade.

The sport, also called rebound volleyball or ricochet ball, is a four-on-four version of volleyball played in a racquetball court. The game is similar to volleyball, with two teams hitting a ball back and forth over a net. Unlike volleyball, however, wallyball players can use the back and side walls to pass the ball to their teammates, and bank the ball off of one side wall when hitting it to their opponents.

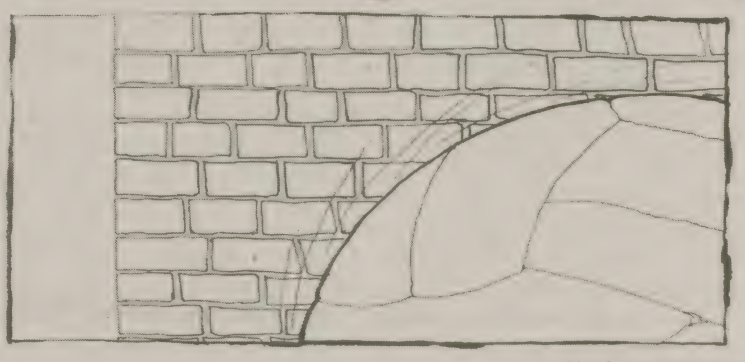
"It had its moment in the sun about 10 years ago, and now there are a few people who have indicated they'd like to try it again," said Don Chow, UVic's manager of recreation. "Racquetball hasn't been doing that well, so the space is there."

The co-ed league meets Tuesday nights at the Ian Stewart Complex.

According to the American Wallyball Association, the sport was invented in 1971 in Illinois, and is played by 15 million people worldwide. It has a rich history on Vancouver Island; the 22nd-annual Vancouver Island Open takes place this month in Parksville.

There is also a new fitness offering this semester, with the addition of two classes in TRX Suspension Training.

"It was a portable system that was brought in for the U.S. Navy Seals. They used to hang it from the gun barre of a tank," Chow said.



MARC JUNKER GRAPHIC

"It is kind of like webbing — you use your body to suspend yourself and do various exercises."

More than 32,000 intramural and recreation spots were filled in the first five hours of registration on Monday, Chow said. Some students lined up as early as 1:30 a.m. to secure their spot when registration opened at 7 a.m.

Maude's January Specials

Monday
$6.95 Burger & Fries
(substitutes extra)

Tuesday
$6.95 Quesadilla - Chicken, Beef, or Vegetarian (after 4 PM)

Wednesday
.35¢ Wings (after 2 PM)

Thursday
$6.95 Perogies (after 4 PM)

Sunday
Sunday Brunch Special
Roast Beef Special ($8.95)
Plate of Wings ($5.95)

Daily Draft Specials
Show your student ID for 10% off food

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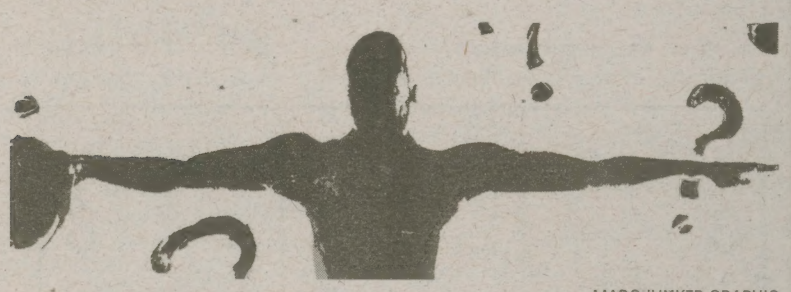
LUNDY'S RUNDOWN



MARC JUNKER GRAPHIC

Disapointment in Toronto

Matt Lundy

The Toronto Raptors have failed to meet this season's lofty expectations.

Coming into the regular season, general manager Bryan Colangelo said this particular Raptors squad was the finest he had assembled in nearly three years with the franchise.

After Sunday's poor performance, however, Toronto sits at a paltry 14 wins and 20 losses and looks poised for Eastern Conference futility.

The biggest problem could be the franchise's future with all-star power forward Chris Bosh, an unrestricted free agent in the summer of 2010. Not only does Bosh function as the team's unquestioned leader and statistical producer, but his affiliation with the franchise both attracts consumers to a Canadian product and legitimises Toronto as a top-tier basketball city.

In recent games Bosh's frustration has manifested itself as a more visibly negative demeanour. And unlike earlier this season — when he ranked near the league leaders in points-per-game — Bosh has thrown in the occasional stinker. His newfound frustration and attitude might remind Raptors fans of their favourite villain and ultimate mama's boy, Vince Carter.

Despite Bosh's lapses into Carter-like levels of pouting, the Raptors need to keep him in the franchise and make immediate preparations to secure his trust in their management, starting with the head coach position and the lingering questions over Andrea Bargnani's potential.

If Colangelo doesn't establish the foundations of a contender — and the team will not contend in its current construction — then Bosh could hit the road to more appealing suitors such as the New York Knicks and Detroit Pistons.

Since Sam Mitchell was fired from his position as head coach, the job has been manned by Niagara Falls, Ontario native Jay Triano, the first Canadian head coach in the NBA. The mild-mannered Triano has failed to inspire the inconsistent Raptors, whose old issues continue to plague their play.

No disrespect to Triano, but his soft approach to unfocused players and lack of authoritative presence can only weaken the team. The Raptors need a proven NBA head coach to helm the position and two unemployed former coaches fit the bill: Avery Johnson and Eddie Jordan.

Johnson, a former head coach with the Dallas Mavericks, has taken a hit to his reputation in recent months, often being labeled too strict and incapable of developing young talent. But most basketball pundits have forgotten that Johnson is a former NBA coach of the year and the quickest head coach to win 150 games.

The Washington Wizards canned Jordan after their putrid start to the season. Yet Jordan has frequently extracted maximum results from under-manned teams and consistently produced playoff squads. Either of these two former coaches would serve as an upgrade over Triano.

And then we have the ever controversial issue of Bargnani. Some nights Bargnani looks like he's had too many prescription pills. Other nights, such as the Dec. 27 game at Portland, he looks assertive and more like the second-coming of Dirk Nowitzki than the second-coming of Darko Milicic.

Colangelo needs to make a decision on Bargnani by the end of the season. Trading the former number-one draft pick might appear as an admission of failure from Colangelo, but numerous teams in the league have interest in the Italian seven-footer, as well as shooting guard Anthony Parker. The Raptors could shore up problems with perimeter scoring and rebounding by parting with either of these players.

Although the prospect of coddling and catering to an NBA superstar is cringe-worthy, the Raptors simply can not afford to lose a franchise player like Bosh, especially when their recent draft history is mired with under-performers and faulty decision-making.

So make a final judgment on Bargnani, bring in a big-time head coach, and — oh yeah — give Bosh's mother a personalized parking space at the Air Canada Centre. Just think of it as a little homage to Carter.

PHOTO COURTESY OF C.J. ROUSSAKIS /THE CHARLATAN

Canada captured their fifth straight Junior World Cup Gold Monday night with a 5-1 victory over Sweden.

Canadian Juniors complete the drive for five straight gold medals

Steve Lancashire

Canada's U-20 Junior Hockey team continued its domination of international hockey Monday night, Jan. 5, as the Canadian squad defeated Sweden 5-1 in the gold medal game in Ottawa.

The victory solidified Canada's fifth consecutive gold medal, a feat that has not been completed since Canada won five straight gold medals from 1993 to 1997.

Represented by an all star lineup that included NHL first-rounders Jordan Eberle and Cody Hodgson, and team captain Thomas Hickey, the Canadians entered the tournament as favorites to compete for the gold medal. Despite the added pressure of playing in front of their home country, the boys did not disappoint.

The annual tournament began on Boxing Day and provided no real challenge for the Canadians early on. Lopsided victories over the Czech Republic and Germany, and an embarrassing 15-0 drubbing of Kazakhstan only served to raise the player's point totals.

An early beneficiary of these victories was 18-year-old John Tavares. Tavares, projected to go number one overall in next summer's NHL Entry Draft, and a product of Oakville, Ontario, provided Canada's scoring punch. Amassing eight goals in his first four games, his goals vaulted him past Eric Lindros and Jeff Carter as Canada's all-time leading goal scorer.

Canada's first real test came on New Year's Eve against the U.S. in what will be remembered as one of the most exciting hockey games in tournament history.

Projected to be a close game, the U.S. instead stormed out to an early 3-0 lead after a barrage of Canadian penalties. Undaunted, the Canadians managed to pull even with the Americans before the end of the first period.

"It was unbelievable," defenseman Ryan Ellis said. "We were jumping up and down in the dressing room after the first period — we had to settle down. There were so many momentum changes and so many emotions, but it was a fun game to play and a fun game to watch."

After an emotional first period, the Canadians settled down and scored four more goals, en route to a 7-4 victory over the U.S. The win qualified Canada for the semi-finals where they would meet long-time rivals Russia for a berth in the gold medal game.

The semi-final game between Russia and Canada certainly lived up to a long-tradition of stellar games between the two countries. Canada held four separate leads, only to have Russia storm back each time.

After a sensational short-handed goal by Quebec's Angelo Esposito in the third period, the Canadians looked to have sealed the deal, only to have Russia score twice to put them a goal ahead of the Canadians with just over two minutes to play.

With time running out, a selfish play by Russia's Dmitri Klopov gave the Canadians an offensive zone face-off with less than 20 seconds remaining and one final hope to tie the game.

After numerous scrums on the boards, John Tavares lifted the puck towards the net, but hit Russia defenseman Maxim Chudinov. In what will be remembered as a defining moment in Junior Hockey history, Canada's Jordan Eberle found the puck and back-handed the game-tying goal with 5.8 seconds remaining on the score clock, sending the game into overtime.

Overtime solved nothing, but the Canadians would prevail in the shootout, earning themselves a shot at their fifth consecutive gold medal against Sweden.

In the final against Sweden, the Canadians jumped out to an early 1-0 lead on P.K Subban's power play goal just 38 seconds into the game. The Canadians continued to pressure the Swedes and entered the third period leading 2-0.

A late flurry of scoring chances by Sweden would not be enough, as Cody Hodgson and Jordan Eberle both netted empty-net goals to solidify Canada's Gold Medal victory.

The sold-out crowd cheered wildly as Canada rushed goaltender Dustin Tokarski amongst a sea of red and white confetti.

"There's nothing like this," John Tavares said following the victory. "There's nothing like it at all. Listen to these fans. That's five, Canada."

With their fifth gold medal in as many years, Team Canada can relax and bask in their success for another year. The only challenge left for a dominant Team Canada is to break their own record and win their sixth gold medal at next year's tournament in Saskatchewan.

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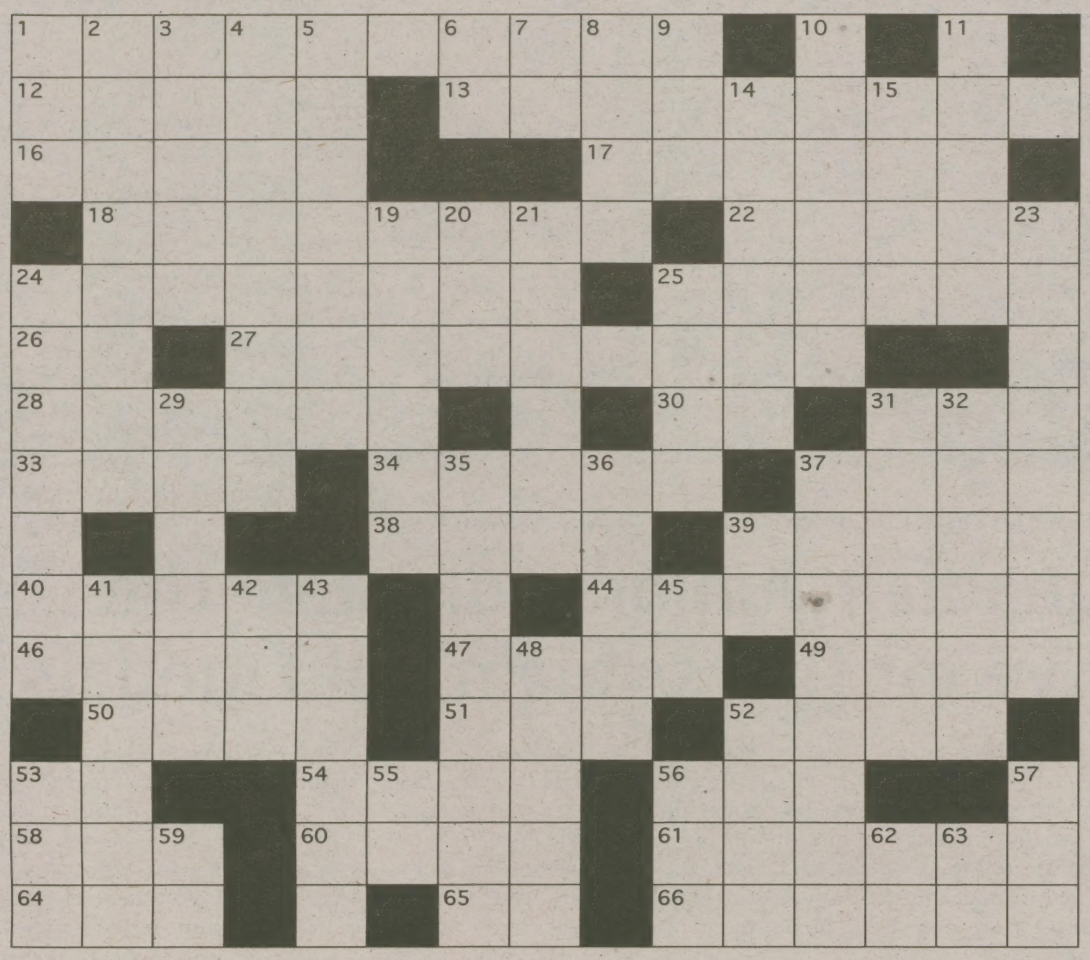
Diversions

The Martlet Crossword

by David Karp



ACROSS

1. Italian Edition singer
12. Afghani crop
13. Wizard of Oz brain seeker
16. Eighteenth Greek letter
17. Iraqi river
18. San Jose subburb (two words)
22. Avoirdupois, fluid or troy
24. Mexican President Diaz
25. Pertaining to the shin
26. Example abbreviation
27. Include
28. Gun necessity
30. Economics IS - __ model
31. Dr. Seuss's ___ on Pop
33. Jerry Springer prize
34. Silly
37. Toronto Raptors star
38. Port Angeles ferry
39. Polynesian greeting
40. Iron Maiden mascot
44. Islamic holiday
46. Children's board game
47. Pet food brand
49. U.S. politician Gingrich
50. B.C. e-zine
51. Charlton Heston organization
52. Old Norse collection of poems or prose
53. Superman and Batman publisher
54. Environmental certification
56. Anthony Zuiker show
58. What's up, ___?
60. Fencing sword
61. Valuable items
64. Kingston university (abbrev.)
65. Symbol for tin
66. Adventurous hairstyle

DOWN

1. Windows predecessor
2. Book ending
3. Sudden shivers followed by warming
4. Former Secretary of Defense
5. John Lennon hit
6. Leopard or Vista
7. University system which includes Berkley (abbrev.)
8. Synonym for "Darn!"
9. Simon Whitfield's calling
10. Hospital comedy
11. Giacomo Puccini opera
14. Belief in self-interest
15. Sailor Mini Moon
19. Northern region
20. Spanish uncle
21. German brass music
23. White Stripes album
24. Flinstones' daughter
25. Story
29. Former Dallas Cowboys coach
31. Death or a KKK member
32. Fourteenth-largest city in Canada
35. Candidates
36. Marilyn Monroe: _____ Jean Mortensen
37. Coax through flattery
39. Morning
41. Hot industry in late '90s
42. Anger
43. Shoelace hole
45. __ You Like It
48. "Could I Be Your Girl?" singer
52. Imperial Oil gas station
53. Popular arcade dance game (abbrev.)
55. Mini music release
56. Hockey stars Ward or Neely
57. Pose
59. Include in an email
62. Video game publisher
63. Initials of top-ranked golfer

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date
JAN. 12 & 13
place
S.U.B. - MULTI PURPOSE ROOM
hours
9 - 8
last day
9-5

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ON CAMPUS

THURSDAY, JAN. 8

BC Ministry of Transportation/ Infrastructure Now Hiring
5 p.m. - 6 p.m.
Clearihue, A206
The Ministry of Transportation and Infrastructure in BC is hiring up to 35 new graduates for the Technician Entry Level Program (TELP) this spring. Geographers, engineers, GIS specialists and urban planners graduating this term can find their fit in a career that makes a difference to their province. Attend this information session to find out how.
Fee: Free
Info: careerfa@uvic.ca

In Search of Lost Time: Cameron Ian MacLeod (1958-1983)
All Day
McPherson Library Gallery
The McPherson Library Gallery presents an exhibit of recently acquired works by Cameron Ian MacLeod, a student of such influential painters as Jack Shadbolt, Gordon A. Smith, and Takao Tanabe.
This exhibit runs until Jan. 15, 2009.
Fee: Free
Info: 250-721-6562
maltpub@finearts.uvic.ca

Find Books: Using UVic's Catalogue
12:30 - 1 p.m.
McPherson Library, 130
This workshop will help you to learn to use advanced search strategies; search for items by author, title, or subject; understand the difference between searching "Keyword anywhere" and "Keyword Boolean."
Drop-ins are welcome, space permitting.
Fee: Free
Info: Pia Russell
liblearn@uvic.ca

Lansdowne Lecture: Richard Shiff
8 - 10 p.m.
Harry Hickman Building, 105
Richard Shiff's books include Doubt, Cézanne and the End of Impressionism: A Study of the Theory, Technique, and Critical Evaluation of Modern Art, Paul Cézanne, Critical Terms for Art History (co-edited with Robert S. Nelson), and Barnett Newman: A Catalogue Raisone.
Fee: Free
Info: Lynda Gammon
lgammon@finearts.uvic.ca

FRIDAY, JAN. 9

Whose Diaspora is This Anyway? Continental Africans Trying On and Troubling Diasporic Identity and Africana Studies
Noon - 1:20 p.m.
MacLaurin Building, D114
The African Partnerships Network Speaker Series Presents Professor Handel Kashope Wright.
Fee: Free
Info: 250-472-4644
world@uvic.ca

Undergraduate Welcome Reception
4 - 6 p.m.
Student Union Building, Michele Pujol room
Are you a new to UVic? This dynamic event incorporates orientation information by highlighting all of our campus services in a more relaxed coffeehouse format.
To register and for further information please visit our website: http://transition.uvic.ca/orientation.
Fee: Free
Info: April McNeil
250-472-5329
mcneila@uvic.ca

SATURDAY, JAN. 10

New To You Campus Clothing Swap
2 - 6 p.m.
Cadboro Commons Building, Cafeteria
Bring your pre-loved but useable clothing, books, games, music and movies. Take anything you would like. All items are free. Bring your own bag.
Fee: Free
Info: Swebb@uvic.ca

Life Drawing
10 a.m. - 1 p.m.
Visual Arts Building, A150
$5 drop in fee. Please contact Suzanne at sbean@uvic.ca for further information. Open to the public. All skill levels welcome!
Fee: $5
Info: sbean@uvic.ca

MONDAY, JAN. 12

Graduate Student Orientation
4 - 5:30 p.m.
Halpern Centre for Graduate Students, David Clode Lounge
Get to know your campus and academic community. Please register at http://www.transition.uvic.ca/orientation.
Fee: Free
Info: April McNeil
250-472-5329
mcneila@uvic.ca

Graduate Welcome Back Social
5:30 - 7 p.m.
Halpern Centre for Graduate Students
Come out and join us in celebrating the start of term. It's the perfect way for all graduate students — both new and returning — to ease into the new semester and form some new connections.
Please register online for this event at http://www.transition.uvic.ca/orientation.
Fee: Free
Info: April McNeil
250-472-5329
mcneila@uvic.ca

TUESDAY, JAN. 13

Find Articles using UVic Libraries "Quick Search"
12:30 - 1 p.m.
McPherson Library, 130
In this seminar, learn to execute a simple search using "Quick Search," locate full-text articles, and execute a simple search using the "Quick Search" quick sets and customized search features
Fee: Free
Info: Pia Russell
liblearn@uvic.ca

WEDNESDAY, JAN. 14

Find Books: Using UVic's Catalogue
12:30 - 1 p.m.
McPherson Library, 130
This workshop will help you to learn to use advanced search strategies.
Drop-ins are welcome, space permitting.
Fee: Free
Info: Pia Russell
liblearn@uvic.ca

LIVE CONCERTS

THURSDAY, JAN. 8

OPEN TURNTABLES w/ Jess Taylor @ The Cambie at the Esquimalt Inn
9 p.m. - 1 a.m.
We've got the Technics turntables, Serato, and atmosphere to turn your DJ dreams into reality. Bring down a half hour's worth of vinyl and friends to witness your "debut." (No Minors).
Fee: Free

DJ Trekk, DJ Degree @ Element
10 p.m. - 2 a.m., doors at 10 p.m.
Opening Night with London's Finest Music and Club Debauchery. Cover is by Donation and 100% of money raised will go to Victoria Police Victim Services. (No Minors).
Fee: By donation

Sunday Buckets, The Dano Stern Project @ Evolution
9 p.m. - 2 a.m.
Tickets available at Old School Tattoos. (No Minors).
Fee: $8 at the door
$6 in advance

Kenzie Clarke @ Lucky Bar
10 p.m.
Kenzie Clarke (Bitchin Beats/Victoria) hosts a weekly full of hooks, beats, diva vocals, handclaps & basslines.
Featuring guests from across B.C. & Canada, stay tuned for special events & updates! (No Minors).
Fee: $5

Tequila Mockingbird Orchestra, The Human Statues @ The Upstairs Cabaret
10 p.m. - 2 a.m., doors at 9 p.m.
Tickets available at Lyle's Place and Darcy's Pub. (No Minors).
Fee: $10

FRIDAY, JAN. 9

DJ Degree @ The Cambie at the Esquimalt Inn
9 p.m. - 1 a.m.
(No Minors).
Fee: $5

The Stills, espionage @ Sugar
9 p.m.
Tickets available at Lyle's Place, Ditch Records & CDs, ticketweb.ca. (No Minors).
Fee: $18

Start with the Cobra, Brewtality, the Glory Holes, The Hoosegow @ Logan's Pub
9:30 p.m. - 1 a.m.
(No Minors).
Fee: $7

Emily Braden with The Deepdowns @ The Marquis Room
10 p.m., doors at 9 p.m.
This will be Emily's last show before returning to the Big Apple to continue recording her new album. She will be backed by the Deepdowns.
For tickets, call Oliver at 250-858-8661. (No Minors).
Fee: $15

SATURDAY, JAN. 10

Aegis Fang, DNA, Kush @ The Cambie at the Esquimalt Inn
9 p.m. - 1 a.m., doors at 8 p.m.
Tickets available at the door. (No Minors).
Fee: $10

Solid with DJ Longshanks @ Lucky Bar
10 p.m.
Solid — your only true alternative on Saturday nights. DJ Longshanks spins an eclectic mix of Post-Everything dance music, plus rare mixes and remixes. Hear it here now or everywhere else later. (No Minors).
Fee: $6

Saul @ Soprano's
9:30 p.m. - 1 a.m., doors at Noon
(No Minors).
Fee: $6 or free with Salmon King's game ticket

Sweatshop Union @ Sugar
9 p.m.
Tickets available at Lyle's Place, ticketweb.ca, Ditch Records & CDs and Platinum. (No Minors).
Fee: $15

The Vanity Lounge @ Sunset Room
8:30 - 11 p.m., doors at 8 p.m.
Keith Sonic, a local art and pin-up photographer, and Miss Rosie Bitts of "All the Best Bitts Productions" have joined forces to create an evening of variety entertainment.
Hosted by J. Mclaughin the show will be a multi media experience consisting of burlesque, musical entertainment, video clips and Keith Sonic's photographic art projected on the walls by VJ Photon. (All Ages).
Fee: $15

CLASSIFIEDS

ROOF AND GUTTER INSPECTION, repairs, re-roofing, power washing, 380-5685, BBB.

ANNOUNCEMENTS

The Victoria Genealogical Society meets Thursday, Jan. 8 at 7:30 p.m. at Gordon Head United Church, 4201 Tyndall Avenue, Victoria. Visit the VGS website at www.VictoriaGS.org or call 250-360-2808 for more information. Beginner Family Tree researchers are always welcome!

Interested in Suicide Prevention in the classroom? Reach out to youth in Middle and High schools. Community Education Volunteers needed.
Contact Mary at 386.6328 ext 222 or visit website: www.needcrisis.bc.ca (http://www.needcrisis.bc.ca/). Training begins Jan. 12, 2009.

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>> establishing a native plant garden and supporting a commons garden at UVic

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The VIPIRG Coordinating Collective has the same responsibilities as a Board of Directors, managing the organization's finances and personnel, and planning campaigns.
Get a nomination form at vipirg.ca, or at SUB b122, and return by 4:30 p.m. on January 29th.

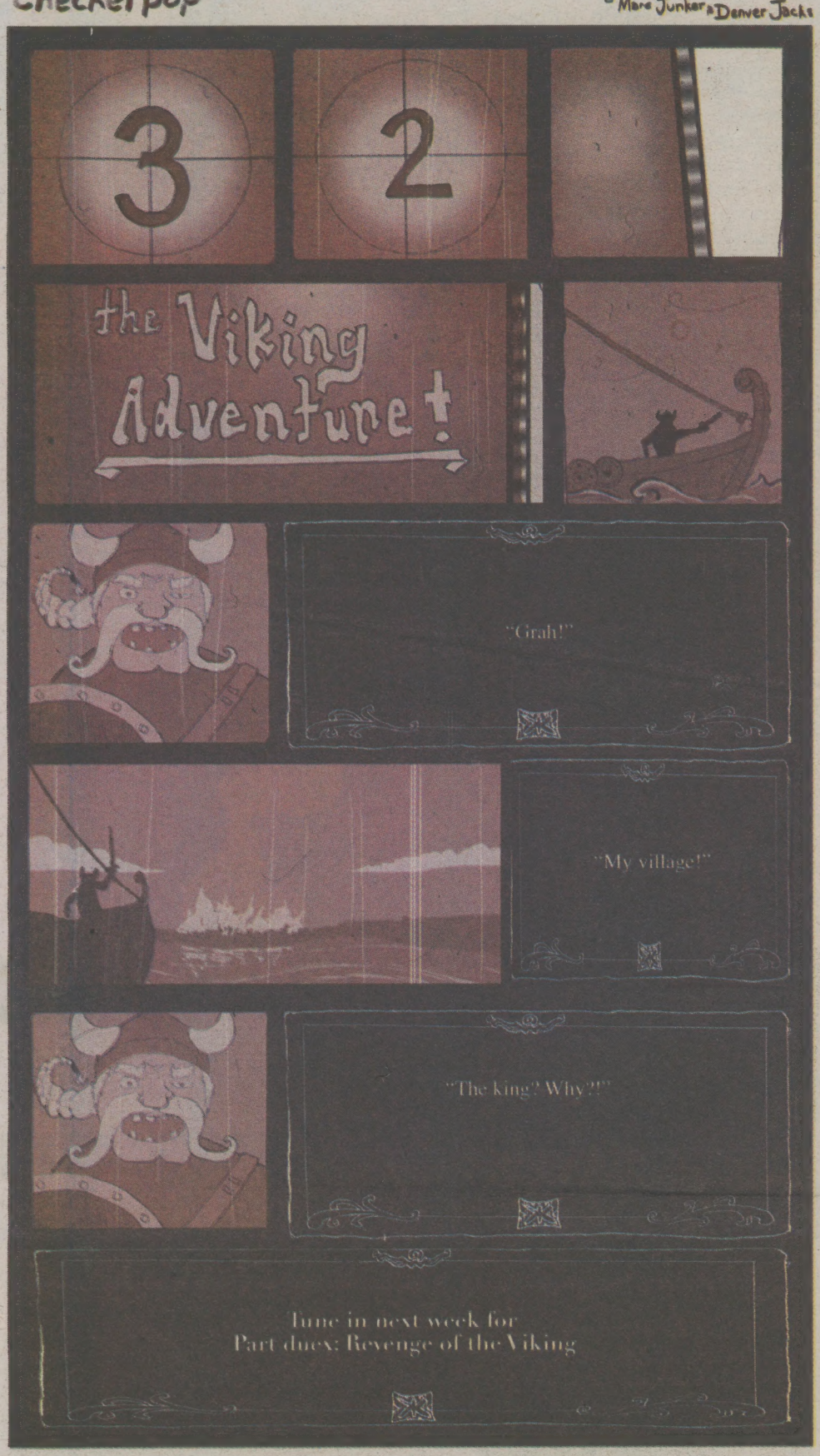
AGM Agenda: Approval of minutes of last AGM - Review of last year's activities - Review of VIPIRG financial statements - Introduction of Candidates - Election - Additional Business.

VOTE! ANNUAL GENERAL MEETING & ELECTIONS
Thursday, February 5, 2009, 6 p.m.
Room 108, UVic Graduate Centre
Want more info? Call 721.8629 or visit www.vipirg.ca

Comics

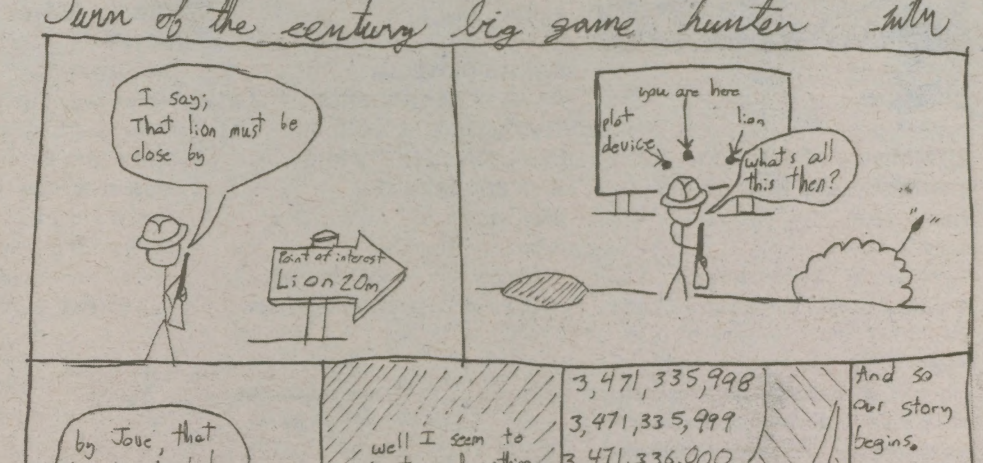
Checkerpop

by Mare Junker & Denver Jacks



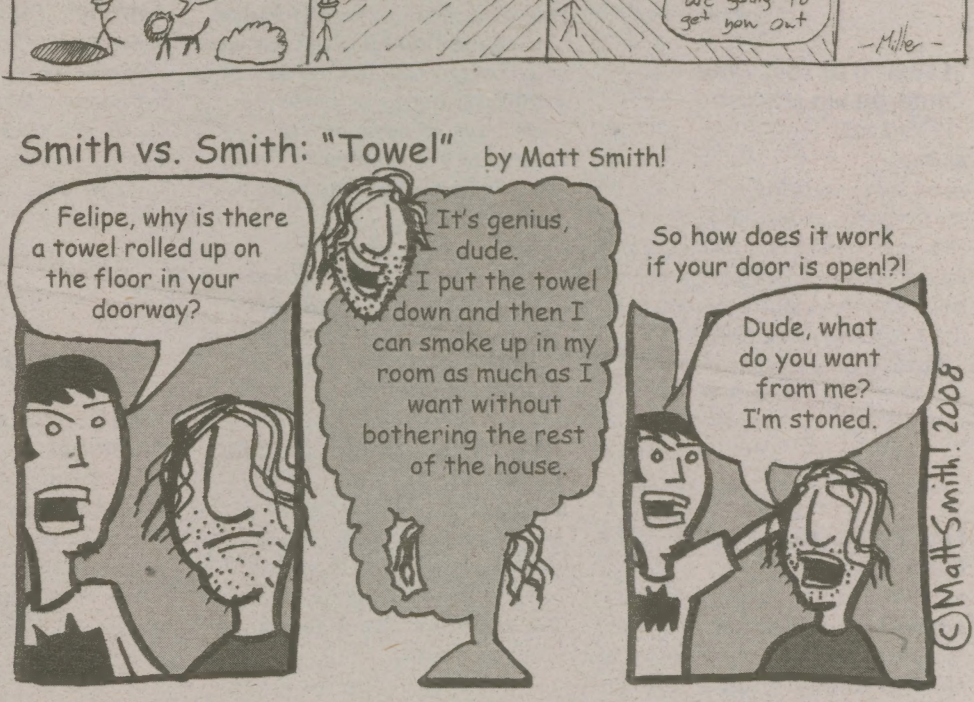
Checkerpop.com

Turn of the century big game hunter


I say; That lion must be close by
Point of interest
Lion 20m
you are here
plot device
lion
what's all this then?
by Jove, that lion has knocked me back into this Pork pit!
rawr
well I seem to be trapped, nothing to do but count the seconds
1, 2, 3...
3,471,335,998
3,471,335,999
3,471,336,000
Hello down there, we are going to get you out
And so our story begins.
jokes will soon follow
-Miller-

Smith vs. Smith: "Towel"

by Matt Smith!


Felipe, why is there a towel rolled up on the floor in your doorway?
It's genius, dude. I put the towel down and then I can smoke up in my room as much as I want without bothering the rest of the house.
So how does it work if your door is open!?!
Dude, what do you want from me? I'm stoned.
©MattSmith! 2008

NECROCOMICON

J.P. LOVEBOAT

NORTH-EAST LYNX

What a day, hey Shutsie?
Here we are in the New Year! With all the fresh snow it's like we've been given a clean slate. It's 2009!
Whoa whoa whoa. We're in the future?
yes...
I feel like an astronaut.
Pym09

northeastlynx@gmail.com